

TIME

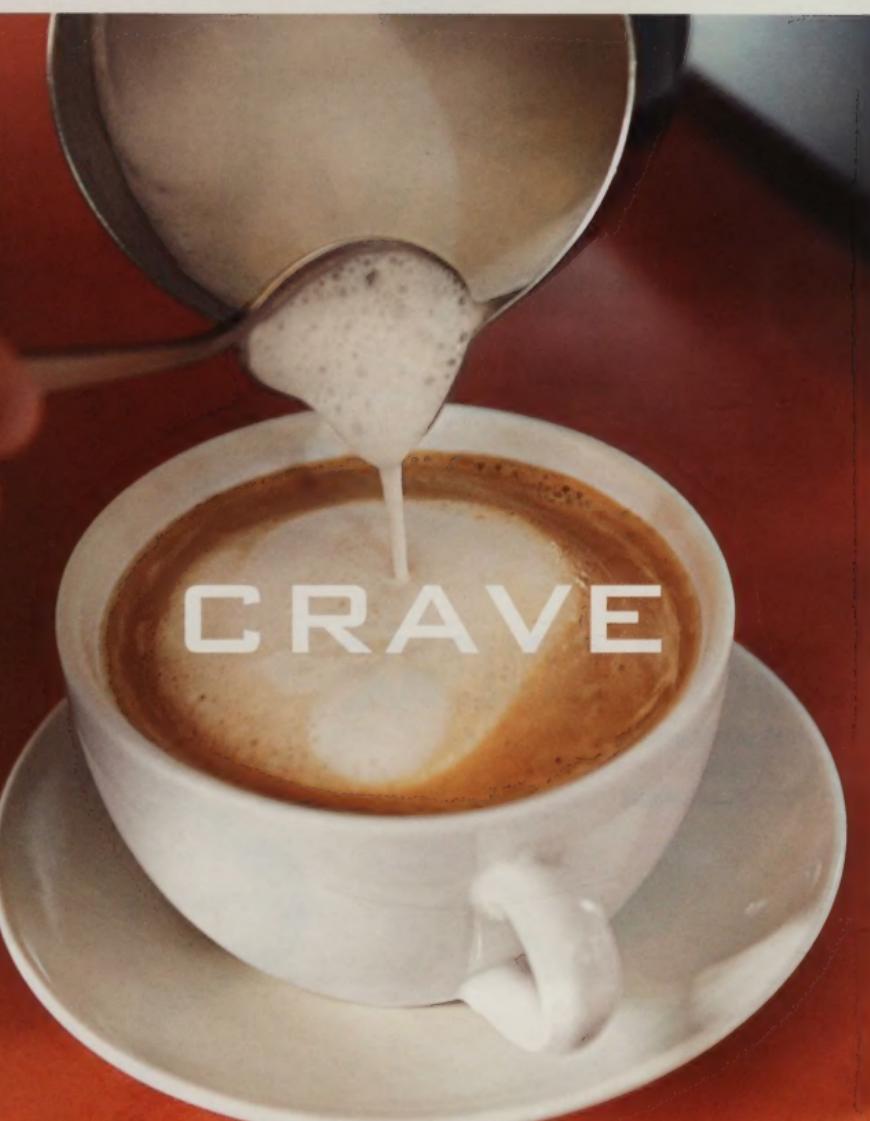
INSIDE THIS ISSUE:
A 48-PAGE
SPECIAL SECTION

THE BEST
INVENTIONS
OF 2006

GOD VS. SCIENCE

A spirited debate between
atheist biologist **Richard Dawkins**
and Christian geneticist **Francis Collins**





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TIME's noted voices speak out on the trends, people and strategies reshaping industry, politics, entertainment, and life inside and outside the Beltway.

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Stunning photography reveals the stories of the moment, plus TIME.com's eye-catching Pictures of the Week.

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If reading a menu is like taking an eye test...

Appetizers

Northwest smoked salmon with salmon tartar
Avocado grapefruit orange and mandarin
Arctic terns with wild and farmed mussels and salad
Duck terrine with cranberry-green mustard, potato chips
Cranberry-green mustard, potato chips
Napoleon of Dungeness crab
Sweet pepper mousse with flying fish roe, vegetable jellene
Southern shadles, off-cured olives, baby greens
Oysters on the half shell Pacific, Asia style
Ocean salad, sweet orange, salmon caviar
Mustard greens, prosciutto, Asian pears

Soup & Salads

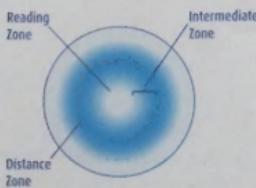
Oxtail bisque with red wine and oxtail pâté crème
Cranberry-green peppercorn garnish
Mixed organic greens
Aged sherry vinegar, extra virgin olive oil
Baby spinach with balsamic vinegar dressing and parmesan
Wine-poached figs, shaved Washington manchego cheese
White leaf romaine hearts, parmesan, reggiano, potato bread croutons
Cesar salad
Radicchio, red rad lettuce and truffles
Fresh pear vinaigrette, toasted walnuts, dried pear jellene

Main Courses

Ginger-harvested black cod with spicy tamari sauce
Curried redlined salmon, stir-fried greens
Shelfish stew salmon, brandade risotto
Plum tomatoes, crocheted, balsillanese-style bruschetta
Flame-roasted king salmon
Flame-roasted king salmon
Black currant sauce, chutney, rice garnish
Fillet of salmon with lemon-basil crust and saffron oil vinaigrette
Chamomile beans with red chard, shaved salmon belly and saffron oil vinaigrette
Lemon of scallop and soft polenta
Lemon of scallop and soft polenta
Gorgonzola, aspic, mustard of roasted asparagus, sauteed vegetables garnish
Washington free-range chicken breast with herb leaf baked
Cilantro-miso sauce, goat cheese, mashed

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TIME

November 13, 2006
Vol. 168, No. 20

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COVER

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Does God exist? Two scientists debate



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best inventions 2006

From a cat engineered to keep you from sneezing to solid espresso and floating beds—plus, of course, the Invention of the Year (read on, hint above)—we bring you the year's most amazing innovations. Also: a guide to buying online

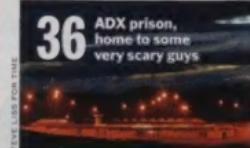
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Iraqi police search a house abandoned amid civil unrest



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ADX prison, home to some very scary guys



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Brown stars on Broadway as Mary Poppins



TIME (ISSN 0840-7812) is published weekly, except for two issues combined at year-end and by Time Inc., Principal Office: Time & Life Building, Rockefeller Center, New York, N.Y. 10020-2193. Ann S. Moore, Chairman, CEO; John S. Redpath Jr., Secretary. Periodicals postage paid at New York, New York, and at additional mailing offices. © 2006 Time Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited. TIME and the Red Border Design are protected through trademarks registration in the United States and in the foreign countries where TIME magazine circulates. The basic rate for a one-year subscription to TIME is \$49. Subscribers: If the Postal Service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within two years. POSTMASTER: Send address changes to TIME, P.O. Box 30601, Tampa, Florida 33630-0601. CUSTOMER SERVICE AND SUBSCRIPTIONS—For 24/7 service, please use our website: www.time.com/customerservice. You can also call 1-800-843-TIME or write to TIME at P.O. Box 30601, Tampa, Florida 33630-0601. Mailing list: We make a portion of our mailing list available to reputable firms. If you would prefer that we not include your name, please call, or write us at P.O. Box 60001, Tampa, Florida 33630, or send us an e-mail at privacy@timecustomersvc.com. Printed in the U.S.A.

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ELECTION NIGHT

Follow the results and get instant analysis of what they mean, all evening long, with blogs by Andrew Sullivan, Ana Marie Cox, political columnist Joe Klein and (for all the media hoopla) television critic James Poniewozik

When it's over, hear Klein's podcast wrap-up—and stay with time.com all week for reaction and analysis

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MOST-VIEWED TIME.COM STORIES

1. An Abu Ghraib Offender's Return to Iraq Is Stopped ►
2. The Secret Letter from Iraq
3. Pakistan Braces for a Backlash
4. A Mega-Scandal for a Megachurch
5. A Ransom Demand for the Missing U.S. Soldier



China's Patterns

As the Asian giant wields more and more influence, TIME presents a unique look at the mammoth scale of the world's most populous nation. Go to time.com/china to see stunning images that show how the daily lives of more than a billion people overlap.



PICTURE
OF THE
WEEK

CASUALTY OF WAR

This moving image of soldiers carrying the body of Royal Marine Gary Wright, 22, was our readers' choice for best picture last week. Wright, from Blanefield, Scotland, was killed in an attack on a military convoy in Afghanistan. See and vote on the week's most striking photos each week at time.com/potw

Vote for the Gadget of the Year

Columnist Wilson Rothman has chosen the eight best gadgets of 2006. Cast a vote for your favorite at time.com/goty



Logitech VX
Revolution



Nike + iPod
Sport Kit



Samyo Xacti
VPC-HD1 Digital
Media camera



Palm Treo 700w
smartphone



Garmin
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MacBook Pro
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DS Lite



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10 QUESTIONS FOR Ridley Scott

The director of memorably powerful and violent movies (*Alien*, *Blade Runner*, *Gladiator*), Ridley Scott is making his first attempt at comic romance. His new film, *A Good Year*, stars Russell Crowe and is adapted from *A Year in Provence* by Peter Mayle, who has a home near Scott's in France (see review, p. 145). Scott, 68, talked with Belinda Luscombe about the French, Francis Ford Coppola's wine and how we'd all really like *Kingdom of Heaven* if we just saw more of it.

Your movie is based on a book by your friend, stars a friend and was made near your home in Provence. You don't believe in suffering for your art? I unfortunately do suffer for my art. However easy a film looks, it's not. They're always quite tricky. But being down there was wonderful. I just wanted to get the place on film as I knew it.

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You've had huge hits such as *Gladiator* and *Alien* and other movies that have disappeared, such as *G.I. Jane* and *Kingdom of Heaven*. Can you tell which ones audiences are going to embrace? You can never tell. A word on *Kingdom of Heaven*: if you get the four-disc set, which is 3 hr.

8 min., you'll see why it's such a good movie. It was a real passion project, and it's the film I'm most proud of. I think it was treated incredibly unfairly. It did a very delicate job of literally profiling the Muslims when it was not a good time to be doing that, and actually Fox really followed through. I've got many letters from Muslim organizations thanking me for making *Kingdom of Heaven*. And people are rediscovering it. So it ain't disappeared, love. I was very happy about *G.I. Jane*. It just was unpopular, but it's going to be turned into a TV series. So it ain't a bad idea.

You're credited with being the father of the director's cut. Have you ever looked back on a decision and thought the studio was right? Umm ... no. I don't mean that unkindly. I have great respect for anybody who's going to invest in what I want to do. And I believe they have the right to discuss and say what they feel.

Getting back to *A Good Year*, there are a lot of wine jokes in the movie. Do you actually make wine? No. I've been a good boy and maintained this quite nice, neat little vineyard for the last 15 years and have worked—well, not me, but somebody has improved the quality of the grape to the extent that I've been told now I should start to think about a cave and bottling and actually doing a thing for myself.

Have you tried Francis Ford Coppola's wine? Yeah. **And Rich?** It's pretty heavy.

You've made about 2,000 commercials. What is the most fun thing to sell? I enjoyed doing cigarette commercials because they always just come up with great ideas. I did those for years, and they were great filmic, episodic commercials. The problem is, they were about smoking.

Confessions of Working Wealth.



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JACQUELINE DUNNETT/CONTOURPHOTOS

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The president of my alma mater just called me for a big, fat donation.

He's the same guy who wanted to expel me 30 years ago.

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**46% of working wealth want to give
at least \$100,000 to charity in their lifetime.**

55% of them don't have a plan to do it.



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Our business has grown, but my partner hasn't.

How do I tell my best friend I want to buy him out?

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32% of working wealth
own a business.

49% have at least one
business partner.

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My mom never told me how much property she had.

She never told me what to do with it either.

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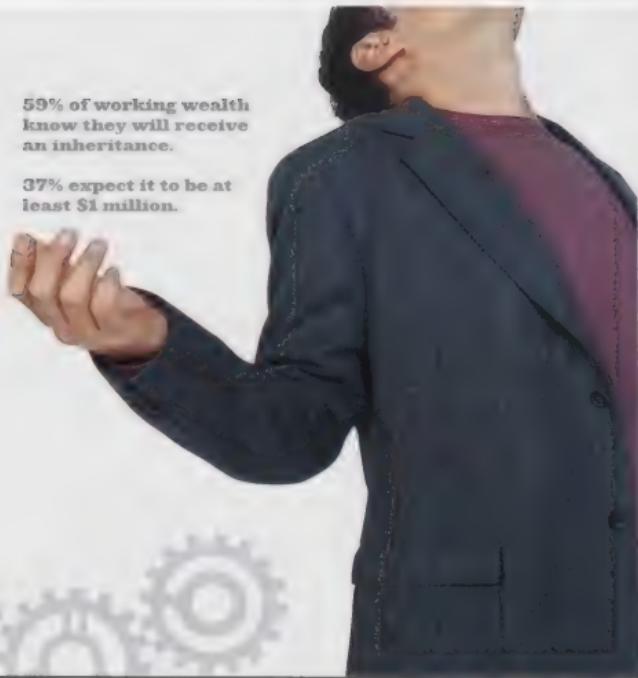
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59% of working wealth
know they will receive
an inheritance.

37% expect it to be at
least \$1 million.



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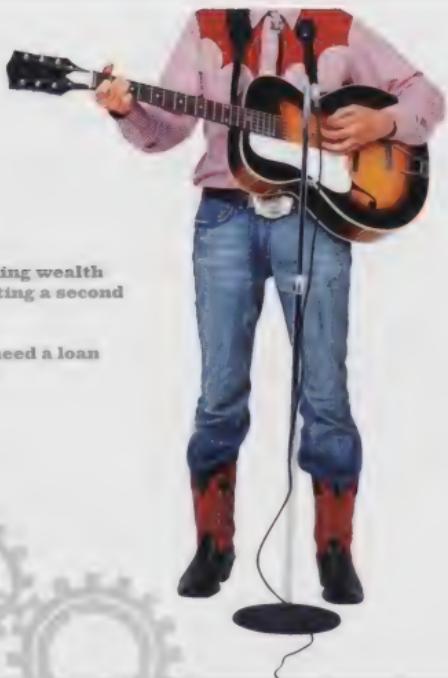
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My second career was a bit of a surprise to The Board.

And a bit of a shock to my portfolio.

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**22% of working wealth
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**32% would need a loan
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You worked with Russell Crowe on *Gladiator*, on this film and on your next, *American Gangster*. Is he more puppy dog or pain in the neck? I think we're both pains in the neck. That's probably why we get on. Really, what it is is Russell is very smart and therefore asks all sorts of assertive and intelligent questions, so if you're not ready you're going to get caught in the cross fire. So you'd better be ready. I'm used to him now. He's fundamentally a bit of a puppy dog.



What are the best and worst things about the French? Food and wine, wine and food. **That's the best thing about France, but the French?** The thing that I really admire is that their way of living is very important to them. There is a very strong regard for "living" in France and Italy. Certainly we've romanticized that. And for the most part, it's a very nice way of life. **And the worst?** They're constantly

assessing. They look you up and down both metaphorically and literally, and that's not always altogether pleasant.

You've had huge hits such as *Gladiator* and *Alien* and other movies that have disappeared, such as *G.I. Jane* and *Kingdom of Heaven*. Can you tell which ones audiences are going to embrace? You can never tell. A word on *Kingdom of Heaven*: if you get the four-disc set, which is 3 hr.

8 min., you'll see why it's such a good movie. It was a real passion project, and it's the film I'm most proud of. I think it was treated incredibly unfairly. It did a very delicate job of literally profiling the Muslims when it was not a good time to be doing that, and actually Fox really followed through. I've got many letters from Muslim organizations thanking

My daughter just moved out. Now my mother wants to move in.

Not exactly the retirement I planned.

Have you tried Francis Ford Coppola's wine? Yeah. **And?** Rich. It's pretty heavy.

You've made about 2,000 commercials. What is the most fun thing to sell? I enjoyed doing cigarette commercials because they always just come up with great ideas. I did those for years, and they were great filmic, episodic commercials. The problem is, they were about smoking.



56% of working wealth are helping financially support either parents or children.

89% think they may need to support both.

10 QUESTIONS FOR Ridley Scott

The director of memorably powerful and violent movies (*Alien*, *Blade Runner*, *Gladiator*), Ridley Scott is making his first attempt at comic romance. His new film, *A Good Year*, stars Russell Crowe by Peter Mayle, who has a home near Scott, 68, talked with Belinda Luscombe about wine and how we'd all really like *Kingdom*

Your movie is based on a book by your friend, stars a friend and was made near your home in Provence. You don't believe in suffering for your art? I unfortunately do suffer for my art. However easy a film looks, it's not. They're always quite tricky. But being down there was wonderful. I just wanted to get the place on film as I knew it.

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JACQUELINE BROWN/RT/CONTRIBUTOR

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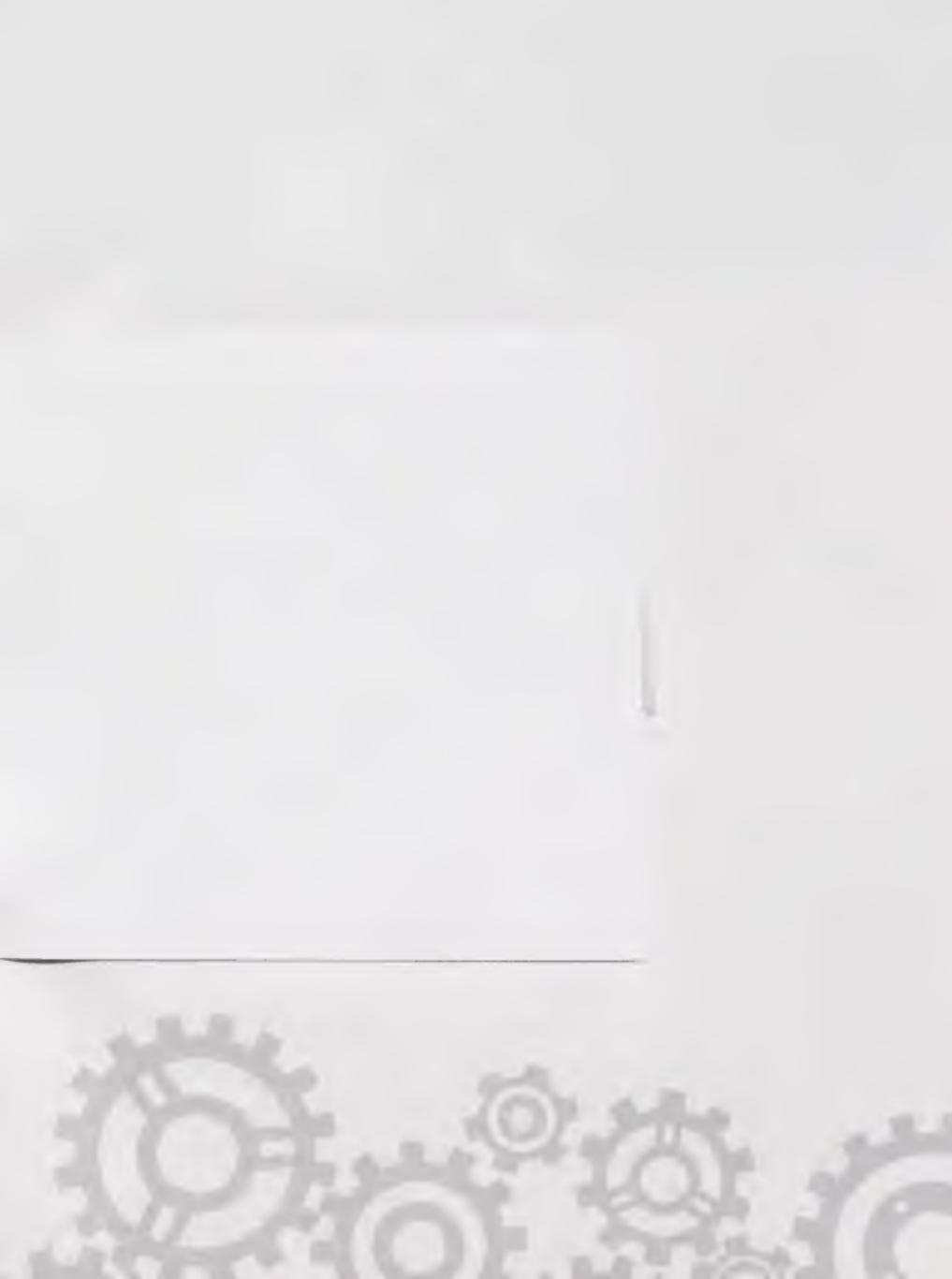
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Rocket to the White House?

Senator Barack Obama may be focused on the upcoming congressional elections, but his supporters are eagerly anticipating a possible 2008 presidential run. Will he or won't he? Readers find his charisma and diplomatic approach refreshing but caution that he should wait until the time is right

AFTER READING THE EXCERPT FROM Barack Obama's new book, *The Audacity of Hope*, I've reconsidered my concern about his lack of experience [Oct. 23]. I'm inclined to vote for a smart, effective communicator and consensus builder who may have little experience but is pragmatic and visionary like him rather than someone who has experience but is absolutist and exclusionary. Our current President derived seemingly little benefit from his years as Governor of Texas. The Founding Fathers and another gentleman from Illinois in 1860 had no such qualifications, but they didn't do badly.

JAMES M. MATAYA
Annandale, Va.

AS IMPRESSED AS I AM BY OBAMA, I FEAR he would be this generation's Jimmy Carter, a man whose humility we appreciate and whose inexperience we're willing to overlook simply because we desire a change from the lies and arrogance of his immediate predecessors. The presidency is no place for on-the-job training.

HOWARD BALDWIN
Sunnyvale, Calif.

TO EXPLAIN THE MANIA SURROUNDING Obama's political career, Joe Klein quoted Shelby Steele, who said that "it's all about gratitude" and that white Americans are enthusiastic about the Senator because he allows them to forget about "racial guilt." As an Asian American who strongly supports Obama, where do I fall? Once again, a conversation on race has been reduced to white and black. I am energized by the Senator because he is smart, thoughtful and pragmatic. He represents me, a Democrat with strong Christian values. He knows the struggle of trying to attain the American Dream and the difficulties of being an ethnic minority in America. It's as simple as that.

CHONG-HWA LEE
Derwood, Md.

I AM A CHRISTIAN AND CONSERVATIVE Republican, but I can't help hoping that Obama will become our next President. I believe he is wrong about abortion, but



“Americans are so desperate for a hero and someone we can trust, we are looking to create a President out of a first-term Senator.”

PETER K. EHRLE
Oak Park, Ill.

he has acknowledged in a refreshingly Socratic way that he can't just dismiss the views of those on the other side. That may be politicking to earn my vote, but if a pro-life Republican ultimately sends us into a third world war with status quo Republican rhetoric, a pro-life position is kind of pointless.

ERIC MURK
Greencastle, Pa.

THE STORY ON OBAMA REMINDED ME OF something Bono, one of your previous Persons of the Year, has said repeatedly: "America is more than just a country; it's an idea." The Senator gives me a similar feeling. True, he hasn't done very much yet, and he may not be the boldest voice we are

longing for. But the very idea of how he embodies America is what excites us Democrats. We are waiting to see where he takes us, and we are ready for the ride.

SIMEON HUMPHREYS
Chicago

OBAMA MAY NOT BE OUR SAVIOR, BUT HE has the charisma and capability to be our Moses and lead us out of the wilderness.

BILL LONGTINE
Evansville, Ind.

HELL WILL FREEZE OVER AND THE DEVIL will be on ice skates before the South will ever support a mixed-race liberal Democrat for President. There are still a lot of people down here who believe that miscegenation (which, like abortion, used to be a crime) remains immoral and sinful. Add to that Obama's al-Qaeda-sounding name, and it's plain that he has no chance of being elected President.

MICHAEL P. DELANEY
Pasadena, Texas

The Scramble for the Bomb

"WHEN OUTLAWS GET THE BOMB" [OCT. 23], on the aftermath of North Korea's nuclear-weapons test, overlooked the significance of the Nuclear Nonproliferation Treaty (NPT), the only binding, multilateral commitment to the goal of disarmament by nuclear-weapons states. Signatories are obligated to negotiate and achieve the elimination of nuclear arms. To have any hope of creating security, the world's powers have to work toward disarmament.

FREDRIK S. HEFFERMELH
Oslo

LIKE ALL NUCLEAR-WEAPONS PROGRAMS, North Korea's should be a concern for everyone. The notion of who is an outlaw and who occupies the moral high ground on enforcing nuclear nonproliferation isn't as clear to me as your article makes out. I suspect that the U.S.'s current work on tactical nuclear weapons and our unwillingness to reduce our inventory of warheads are in violation of the NPT—

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making the U.S. an outlaw. If we're including violent tendencies in an analysis of risk, the U.S. is the only nuclear power to have used those weapons on human beings. I would say our role in leading nonproliferation enforcement efforts is somewhat hypocritical. We need to set a better example.

TIMOTHY C. HOHN
Lake Forest Park, Wash.

IN THE RUN-UP TO THE IRAQ WAR, I RECALL National Security Adviser Condoleezza Rice stating that, in lieu of solid proof that Iraq possessed weapons of mass destruction, "we don't want the smoking gun to be a mushroom cloud." I also recall getting into heated debates and insisting that North Korea was the actual case of a dictator working toward acquiring WMD. While the Bush Admin-

istration pursued a war in Iraq, the smoking gun turned into a mushroom cloud in Pyongyang. The Bush Administration has failed miserably in addressing the North Korean threat, and its policies (or lack thereof) have made us all less safe.

NANA KWAMIE
Toronto

NORTH KOREAN DICTATOR KIM JONG IL has clearly shown with the recent nuclear test that bilateral negotiations are meaningless to him. He has made laughingstocks of Presidents Jimmy Carter and Bill Clinton, whose administrations engaged in direct talks with North Korea about nuclear proliferation. Kim has also made fools of South Korean Presidents Kim Dae Jung and Roh Moo Hyun. Who else in the world is going to dream of engaging in bilateral talks with Kim Jong Il again, unless in delusion?

KE PARK
Anaheim, Calif.

A TIGHT LIP LOOSENED



JOE ROSENTHAL—UPI FILE
The movie *Flags of Our Fathers* tells the story behind the iconic photo of the flag raising on the island of two Ijima during some of the worst fighting of World War II (Oct. 23). TIME's March 5, 1945, issue reported on the change in the U.S. Navy's press policy that made the picture available:

"Some of the war's best photographs came out of the Pacific last week. The up-close, thick-of-battle quality of the pictures was evidence of the bravery and skill of the photographers on Iwo Jima, who worked in such a din of artillery and mortar fire that one of them, the A.P.'s bespectacled Joe Rosenthal, reported that he could not hear his shutter click. The speed with which the pictures appeared in U.S. newspapers was evidence of the Navy's growing press-sense. Just 17 hours after the Marines landed on Iwo, the first invasion shots reached the U.S. ... **EACH DAY U.S. READERS AND RADIO LISTENERS GOT THE DIRECT REPORTS OF NEWSMEN ON THE SCENE.** It was another notable step toward bringing the Navy's public relations up to its fighting arm's high standards. As short a time ago as the Saipan and Guam invasions, all on-the-spot reporting had to trickle back by courier to Pearl Harbor, which meant it got to the U.S. eight to fourteen days late." Read more at timearchive.com.

Is the U.N. Obsolete?

IN HIS ESSAY DISPARAGING THE U.N., Charles Krauthammer argued that violence and greed are "the natural way of nations" (Oct. 23). That is the lazy man's excuse for resisting change and progress. As a means to create security and stability, war has failed over the millenniums. Our experiment in international collaboration, nonviolent conflict resolution and mutually beneficial partnerships—still in its infancy—will continue to suffer missteps and setbacks, not the least of which include the present U.S. Administration's uninformed and shortsighted policies. My hope for the future of civilization lies in the goals, purposes and accomplishments of the U.N.

PEG MAHER
Cedar Rapids, Iowa

I APPRAISE KRAUTHAMMER'S REALISTIC take on the North Korean issue—that a "dynamic, capitalist, reunited Korea" would be stiff competition for a China that aspires to impose its will on East Asia, hence Beijing keeps its unruly neighbor alive and refuses to support tough U.N. sanctions against North Korea. Let's hope for the sake of the Korean people that China does not succeed in promoting its self-interests and that there may be a reunited Korea before our lives are over.

JUWON YANG
Los Angeles

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KRAUTHAMMER RIGHTLY COMMENTED that the U.N. has failed to achieve many of the goals for which it was established. Taiwan is well aware of this painful reality, having endured exclusion from the supposedly universal world body because of Chinese pressure for more than three decades. But there is no civilized alternative to the principle of international cooperation in pursuit of the common good. The world's only hope for the ethical, nonviolent resolution of conflict—whether in the Taiwan Strait, on the Korean peninsula or anywhere else—lies in the collective cooperation of U.S.-led democracies. Give up that hope, and we are lost indeed.

BEN SHAO

TAIPEI ECONOMIC AND CULTURAL OFFICE
New York City

Cutting Our Losses

LESLIE GELB'S VIEWPOINT "WOULD DEFEAT IN IRAQ BE SO BAD?" [Oct. 23] argued that after the U.S. defeat in Vietnam, "the dominoes did not fall." Well, they didn't fall as far as the U.S. was concerned. But maybe someone should ask the Cambodians about what happened

after the U.S. pulled out of Vietnam. I think the families and friends of anyone who was killed under Pol Pot would have a different story.

LAUREN COOK

Dallas

GELB HAS GOT TO BE KIDDING. CAN THE terrorists in Iraq be deterred by mutual assured destruction, as the Russians were? Can we defense-spend them into oblivion? If we cut and run in Iraq, it will be annexed by Iran, a larger share of the world's oil will be used as a weapon against the U.S., a Shi'ite majority will have free rein to commit genocide against the Sunnis and Kurds, and the Shi'ites will have more money to buy arms for Hezbollah.

JOSE RAMIREZ
Lindenhurst, N.Y.

THE U.S. MUST AID IRAQIS AS THEY DEVELOP their fledgling government, ensuring that oil profits are shared among the country's factions. With more security, a new infrastructure and a government that they can have a say in, Iraqis could have a more hopeful and satisfying life, and a more stable region could

be ensured. The U.S. should show that it isn't interested in "owning" Iraq by eliminating most of its 14 bases there. That approach, however, would seem impossible under the current U.S. Administration. Fresh new faces and vision are sorely needed for the world to see that Americans really want the best for the Iraqis.

DEBBIE METKE
Milwaukee, Wis.

Bad Faith

RE "WHY A CHRISTIAN IN THE WHITE HOUSE FELT BETRAYED" [Oct. 23]: As a member of an evangelical Lutheran congregation, I do not feel betrayed or disenfranchised by the story of the White House's political maneuverings to gain Christian conservatives' votes. I was never inspired by this President's profession of faith—not by the story of his born-again triumph over alcohol or by his wish to help the poor and needy and certainly not by his purported Christian values toward his fellow man. On the other hand, his lack of statesmanship, his arrogant management style and his lack of intellectual curiosity send clear messages of a

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[†]EPA estimated 23 city/31 hwy mpg (I4/automatic).

man in a job over his head. I remain hopeful that our next national leader will demonstrate more competence and simply subscribe to the doctrine of treating others as you wish to be treated.

RICK EULO
Rosemont, Pa.

I FEEL THAT DAVID KUO, THE FORMER second-in-command in the President's Office of Faith-Based Initiatives, is a smart man, but I am shocked that he bought into the promises of the current Administration lock, stock and barrel. This country is too religiously diverse for

one religion to have an office in the White House. I am sorry for Kuo's feeling of personal betrayal, but what happened to the Evangelicals was just politics as usual.

JOAN BURKE
Oyster Bay, N.Y.

A COTTAGE CAPITALIST IN CHICAGO



Last month microcredit pioneer Muhammad Yunus was awarded the 2006 Nobel Peace Prize [Oct. 23]. As a TIME story reported in the Nov. 5, 1990 issue, the ambitious poor who can take advantage of a small bit of business financing do not live only in the Third World:

"Three years ago, Judith Rickenbacker [at left] turned her Chicago town house into a laboratory for capitalist invention ... She did it by buying a sewing machine. Rickenbacker used to be a hotel bookkeeper, dreaming of what life would be like without a boss. **HER BREAK CAME WHEN SHE WAS ABLE TO BORROW \$500 TO BUY A POWERFUL NEW SEWING MACHINE** and become a professional seamstress. Having repaid the loan after one year, she is thinking about expanding her operation ... The program that helped Rickenbacker secure her loan is part of a worldwide effort to use 'microlending' to provide credit to people without collateral ... Development officers in the Third World have found that self-employment, backed by training and access to credit, can be a path out of poverty. Muhammad Yunus, founder of Bangladesh's Grameen Bank, popularized this simple idea: give small 'peer groups' the credit they need to start their own businesses. They then act as a combination credit committee and collection agency: if one member defaults, the others must pay back the money." Read more at timearchive.com.

Teens at the Wheel

KUDOS FOR THE INSIGHTFUL STORY "PUTTING LIMITS ON TEEN DRIVERS" [Oct. 23]. TIME identified two of the root causes for the horrific teen driving statistics: the developing adolescent brain and parents who think accidents happen only to other people's kids. Having trained one of my teenagers to drive, I concur with your story's conclusion that adding new laws and restrictions on teenagers is a good beginning, but parents must add more rigor and oversight as their children are taught to drive.

CHRIS ADAMS
Cincinnati, Ohio

I WAS GLAD TO LEARN THAT SO MANY states have adopted laws lengthening the waiting period before teens can obtain a "go anywhere, anytime" driver's license. As the mother of eight kids, I understand



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fatigue from constant chaperoning. But I would rather chaperone than bury my child or know that my child caused someone's death. The laws are in place to protect not only teen drivers but also their passengers and other drivers on the road with them.

JENNIFER L. SUTTON
Arlington, Tenn.

Don't Sneer at Our Heroes

YOUR INTERVIEW WITH CLINT EASTWOOD AND YOUR GLOWING review of his movie *Flags of Our Fathers* [Oct. 23] disparaged the idea of war heroism at a time when the U.S., in the hard years to come, is going to desperately need heroes and patriots. Although the movie is ostensibly about the World War II battle of Iwo Jima and our government's propaganda campaign around the famous flag-raising photo, Eastwood obviously meant it as a comment on the Iraq war and the cynical machinations of the Bush Administration. I hold no brief for Bush and the Iraq war, but to attack them by sneering at the heroism and patriotism of Americans who served in an earlier, moral war is despicable.

AL RAMRUS
Pacific Palisades, Calif.

Armageddon Always

JAMES PONIEWOZIK'S ESSAY "POSTAPOCALYPSE NOW" [OCT. 23] was an interesting look at pop culture's fixation on doomsday fantasies, but what we should take from the current visions of mass destruction is not the notion that we're getting too comfortable with Armageddon but the realization that fears of Armageddon have always been with us. Our time is little different from all the eras in which people believed the end of the world was imminent. Yet here we are in a world that somehow has not come to an end, resurrecting ancient symbols to describe our modern doomsday and thinking that things have never been this bad.

GLENN MEYER
Union City, Calif.

I ENJOYED PONIEWOZIK'S ESSAY, BUT I DON'T THINK THE U.S. IS really "comfortable with the apocalypse." Despite all the bad things going on now, I think most Americans are oblivious, as they rarely read a newspaper or magazine and spend way too much time watching television sitcoms. But then, who am I to say that they don't have the best approach to handling impending doom? I guess I'll have to be worried for everyone.

BILL HAMEL
Charlotte, N.C.

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After a brief pause for a short time, the data came. Long Range, Figure 5, goes with it their report and the end of it. An explanation of the data is given, and the data are plotted. The data are plotted, showing a positive relationship between $\log_{10} \text{Long Range}$ and $\log_{10} \text{Long Distance}$.

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NoteBook

WHAT'S IN A NAME?

IN INDIA LAST WEEK, THE HIGH-TECH BOOMTOWN OF BANGALORE WAS KICKED FROM THE map. No, it wasn't hit by a nuclear attack or a natural disaster. Instead, the city simply ditched its British colonial-era moniker in favor of Bengaluru, which, in the local Kannada language, means "town of boiled beans." Other big Indian cities have already taken new names—Bombay is now Mumbai and Madras became Chennai. According to Kannada writer and Bengaluru advocate U.R. Ananthamurthy, such moves are a long-overdue reassertion of local identity. "It was the colonizer who changed the name first," he says.

India's cities aren't alone in rebranding themselves, and there can be all kinds of reasons for doing so. Here is a tour of a few other places around the world that have gone through—or are considering—changes of identity. —By Jeff Chu and Ishaaq Tharoor

South Africa Dozens of communities traded Afrikaner names for indigenous ones after apartheid ended. For instance, Pietersburg became Polokwane ("place of safety") in 2002. The government is pondering a proposal to change the capital, Pretoria, named for an Afrikaner hero, to Tshwane, for a precolonial chief.

Iraq After Saddam Hussein's ouster, many local leaders sought to erase part of his legacy. One prominent example: the sprawling, poor Baghdad neighborhood of Saddam City became Sadr City. The name honors Shiite leader Muqtada al-Sadr's father, a revered cleric who was killed during Saddam's regime.

U.S. Welcome to Matamisim, U.S.A. In 1999, Half-way, Ore. (pop. 337), became Half.com for a year after a start-up gave the town \$100,000 and 20 PCs. And last November, Clark, Texas (pop. 394), was rebranded DISH after the satellite-TV network agreed to give 10 years of free service to the town's 55 homes.

WHAT'S NEXT

• North Korea to Talk

Pyongyang softens amid sanctions
With U.N.-approved sanctions strangling its already weak economy following an Oct. 9 nuke test, North Korea agreed to resume six-nation talks on disarmament, possibly as early as this month.



• Al-Jazeera in English

News net to launch new channel
The Arabic TV network that has irked the U.S. by airing al-Qaeda videos will mark its 10th birthday with the launch next week of an English-language channel available worldwide—even in the U.S.

• KFC Trims the Fat

Menu 80% trans-fat free by '07
Four months after being sued for frying its chicken in oil laden with lethal trans fats, KFC said it plans to switch to a healthier soybean oil by April. Those craving trans fats can still eat KFC's biscuits.

FROM LEFT: KAMRAN JEBREIL—AP/WIDEWORLD; TAPES/ETON/REUTERS; PASCAL LEBEL/THOMSON

WHAT THEY MEANT...

There are few things worse for a public figure than misspeaking, having your words misconstrued or—as in John Kerry's case last week—a combination of both. But he has been in good, bipartisan and even holy company this year. —By Clayton Neuman

John Kerry

“You make an effort to be smart, you can do well. If you don't, you get stuck in Iraq.”

THE FALLOUT Kerry apologized to U.S. troops—but not to Bush.

Dick Cheney

“Well, it's a no-brainer for me.”

THE FALLOUT Human-rights groups read the reply as backing waterboarding, a torture technique. Cheney said dunking isn't waterboarding.

Steny Hoyer

“Steele has a career of slavishly supporting the Republican Party.”

THE FALLOUT Republicans and black groups cried racism, and Hoyer promptly apologized.

Pope Benedict XVI

“Show me just what Muhammad brought... and there you will find things only evil.”

THE FALLOUT The Pope clarified and said he was “deeply sorry.”

WHAT HE MEANT

The Senator was supposed to say, “You get us stuck,” a pre-election barb aimed at the President. The White House said Kerry had insulted U.S. soldiers' smarts.

WHAT HE MEANT

The Veep was asked if dunking a suspect under water was acceptable “if it can save lives.” He said yes but insisted that the U.S. doesn't condone torture.

WHAT HE MEANT

The House minority whip said he intended merely to attack the party allegiance of Maryland G.O.P. Senate candidate Michael Steele, who is black.

WHAT HE MEANT

The Pope quoted, but didn't agree with, a medieval text in a speech that, ironically, called for dialogue. Muslim groups took the words as his own, and began protests.



“The impact is going to be the same as what's been happening in Iraq.”

OMAR HASSAN AL-BASHIR, President of Sudan, explaining why his government will not allow a U.N. peacekeeping force in Darfur

“I think George Bush is the most incompetent President we've had in our lifetime. I mean, nobody would accuse President Nixon of being incompetent.”

HOWARD DEAN, Democratic National Committee chairman, on the relative merits of the two Republican Presidents

“Our enemies should keep their hostility out of the Persian Gulf.”

SARDAR FADAVI, Iranian admiral, on U.S.-led naval exercises in the gulf, which were answered by Iran's test-firing of new missiles

“We just don't like to talk about sex.”

JOYCELYN ELDERS, former U.S. Surgeon General, calling for comprehensive sex education in schools and criticizing a Bush Administration plan to spend \$50 million on abstinence-only instruction

“I regard him as a freestanding branch of government in this country.”

BRIAN WILLIAMS, NBC News anchor, on Jon Stewart. Williams called Stewart's Daily Show the “vitamin supplement” to the “main meal” of the network news

“The time will come for a black Bond.”

DIDDY, hip-hop star and actor, expressing his desire to play James Bond. Casino Royale, the 21st 007 film, premieres next week, with (white) British actor Daniel Craig in the lead role

SOURCE: AP/WIDEWORLD; MARIO TAMA/GETTY IMAGES; STEPHANIE ZEMLINSKY/PHOTO SHUTTERSTOCK; MATTHEW SCHACHTER/TPA

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Barbaro Gets Better

A milestone for the Thoroughbred Kentucky Derby winner Barbaro, the colt that nearly died after his right leg shattered in the Preakness in May, has recovered so well that he's set to have his cast removed this week.

Borat's Next Movie

Satirist signs \$42.5 million deal High five! Sacha Baron Cohen's *Borat* has won praise—and a movie deal for another of his personas. He begins filming as gay Austrian fashionista Bruno next year.



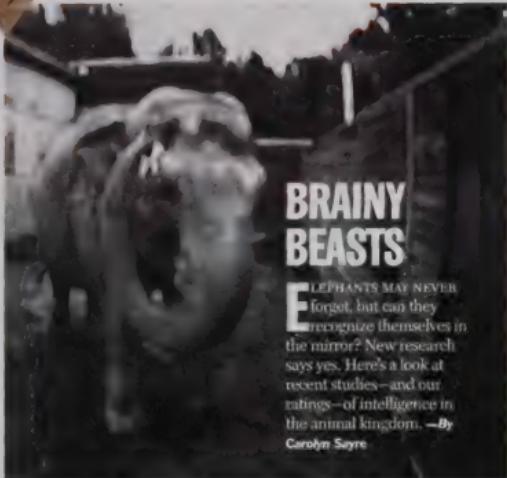


▲ **ROOKS** These crow-like birdbrains are actually problem solvers. Animal behaviorists in Britain found this year that rooks can learn how to get a piece of food out of a trap box.

► **ELEPHANTS** U.S. zoologists said last week that a study using mirrors shows elephants are self-aware—a trait previously proved only in primates and dolphins.



▲ **DOLPHINS** Flipper? Try Hunter. Scientists have seen bottlenose dolphins, thought to be the smartest marine animals, using sea sponges as fishing tools.



BRAINY BEASTS

ELEPHANTS MAY NEVER forget, but can they recognize themselves in the mirror? New research says yes. Here's a look at recent studies—and our ratings—of intelligence in the animal kingdom. —By Carolyn Sayre

▼ **CHICKENS** They may not be the brightest in the barnyard, but they do have self-control. British scientists found last year that if given a bit of food, chickens will opt not to eat it if they know when a greater reward is coming.



▼ **GORILLAS** Researchers in Congo last fall were the first to observe gorillas using tools. The great apes were seen opening nuts with rocks and gauging water depth with sticks.



TOP: KENNY BEAL/ALAMY; MIRIA PESTON/FLICKR; MARIO MASTRANICOLA/FLICKR; GREGORY DUNN/FLICKR; GREGORY DUNN/FLICKR; THOMAS BREWER/WILDLIFE CONSERVATION SOCIETY DIGITAL IMAGE; CAROLYN SAYER/NATIONAL ACADEMY OF SCIENCES/AFOLIGHTBULB/SHUTTERSTOCK

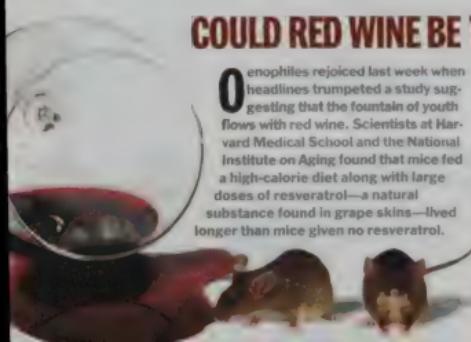
COULD RED WINE BE THE ELIXIR OF LIFE?

〇 enophiles rejoiced last week when headlines trumpeted a study suggesting that the fountain of youth flows with red wine. Scientists at Harvard Medical School and the National Institute on Aging found that mice fed a high-calorie diet along with large doses of resveratrol—a natural substance found in grape skins—lived longer than mice given no resveratrol.

Many of the negative effects of gluttony, such as liver damage and diabetes, were mitigated. One big consequence was not: the mice still got fat.

It's unclear if the results can be replicated safely in humans—and how. So don't experiment at home just yet. As David Sinclair, the study's co-author, notes, "You would need to drink more than 100 glasses of red wine a day to get as much resveratrol as those mice got." —C.S.

WINE: ALEXANDRA WELCH; MICE: GREGORY DUNN/FLICKR



Bob Barker Steps on Down



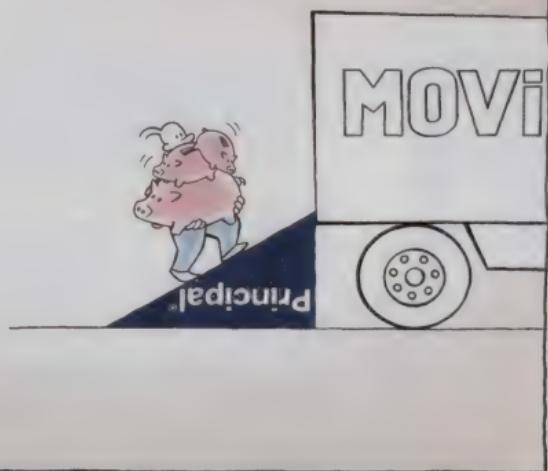
AFTER A CAREER of giving away appliances, *The Price Is Right*

host and spaying-and-neutering advocate Bob Barker, 82, is hanging up his microphone next June.

Genial and just corny enough on camera, Barker is beloved, other than by pets hoping to leave a genetic legacy. For my money, *The Price Is Right* is the best game show in history. For 35 years it has made entertainment out of the survival skills of middle-class life—budgeting, saving, deciding what's a fair price for a dinette set. Its winners are not held up as better or smarter than the home audience, just luckier. By me, that's as commendable as controlling the cat population.

So who has the main-street appeal and hosting savvy to succeed Barker? I'm not sure, though there's a larger applicant pool available now that *Today/Millionaire* host Meredith Vieira has proved the news/game-show-crossover potential. By June, at the rate things are going, Katie Couric just might be looking for her next opportunity at CBS. I'll bet she's great with pets. —By James Poniewozik





These little piggies rolled over.

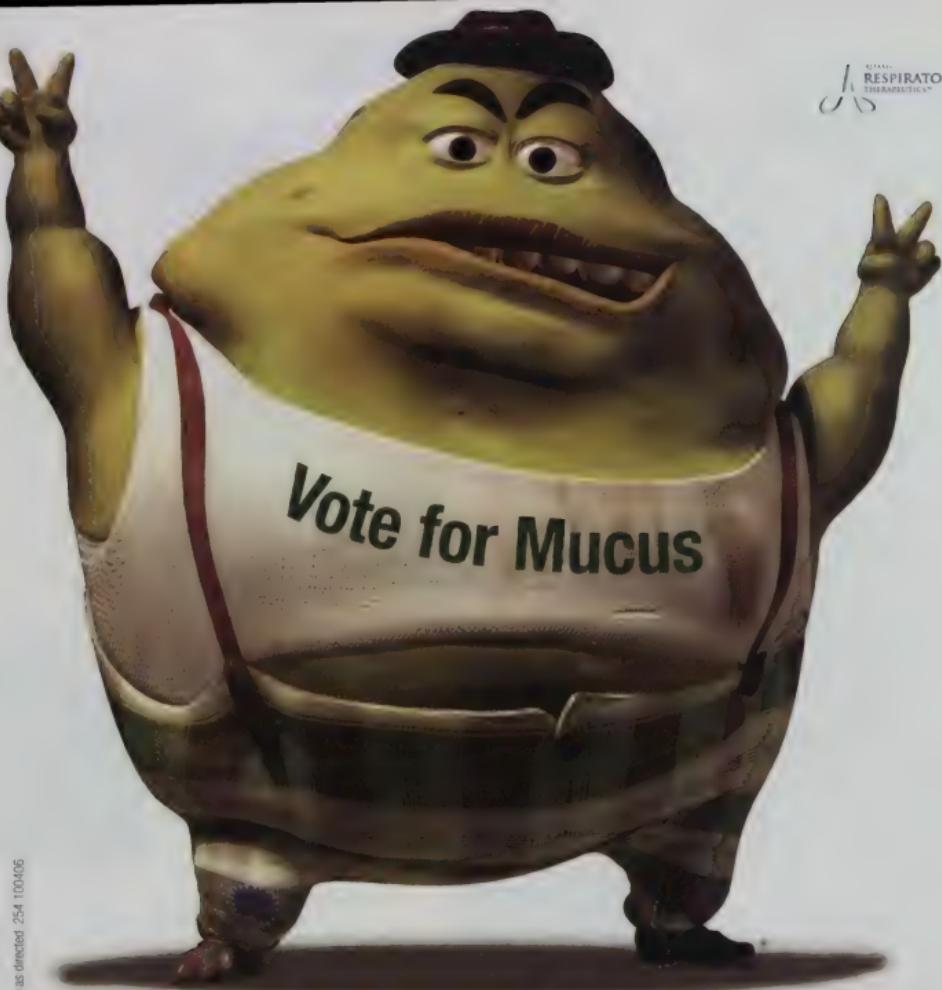
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STUDY: OCEANS BEING DEPLETED



“President Bush signed a bill authorizing 700 miles of new fencing along the U.S.-Mexican border—which will be great until our Frisbee ends up over there.” **AMY POEHLER**

“A strange thing happened last night. I had a knock on my door. A kid says, ‘Trick or treat!’ I said, ‘Aren’t you late?’ He said, ‘No, I’m dressed as a FEMA worker.’”

JAY LENO

RED WINE MAKES THEM LIVE LONGER, BUT THEY GET TO BE A REAL PAIN.



“A woman orders a salad in a Texas McDonald’s and finds a rat in the salad. She calls the kid over and says, ‘There’s a rat in my salad!’ And the kid says, ‘Oh, that’s your action figure.’” **DAVID LETTERMAN**

For more political humor, visit time.com/cartoons

IT HAS A TIMED NOSE WITH THE USUAL NOTES OF OAK AND VANILLA.

I CAN’T BELIEVE YOU’RE DRINKING MERLOT.

MIKE LUCKOVICH—ATLANTA JOURNAL CONSTITUTION. MATT WILSON—LA VIE EN GROS. NURKING FEATURES: CHIP BOB AARON BEACON JOURNAL-CREATORS SYNDICATE

NUMBERS



1,770 Number of people known to have been executed in China last year—81% of the world’s total. The true number is a state secret but it is thought to be much higher because executions are not always disclosed. To reduce capital punishment, China’s government last week said the Supreme Court would review all death sentences

68 Crimes that carry the death penalty in China, including tax evasion and drug smuggling

51% Growth in college and grad-school enrollment among minorities in the U.S. from 1993 to 2003—the most recent year for which data are available—due largely to the Hispanic population boom

3.4% Increase in white enrollment over the same period

\$167 billion Amount that migrant workers worldwide sent to their home countries in 2005, up from about \$85 billion in 2000

85% Portion of those remittances used by recipients in developing nations to pay daily bills, preventing savings and investment that could pump up their countries’ economy

2013 Year until which NASA says the now 16-year-old Hubble Space Telescope will be able to send images of the universe back to Earth, if a repair mission scheduled for May 2008 is successful

\$900 million The mission’s estimated cost. Astronauts plan to add a new camera to the Hubble

Sources: Amnesty International; USA Today; American Council on Education (2); Wall Street Journal (2); NASA (2)

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RESIGNED.
Ted Haggard,
50, as president
of the 30 million-
member National As-
sociation of Evangelicals;

amid allegations that he paid a male prostitute for sex and bought methamphetamine; in Colorado Springs, Colo. Escort Michael Jones told a Denver radio station that he had had a three-year relationship with Haggard—who last year was named one of America's 25 most influential Evangelicals by TIME—saying he wanted to expose the “hypocrisy” of the pastor, who has led the battle against gay marriage in Colorado. Haggard first claimed he did not know Jones. Then he admitted buying a massage and methamphetamine from him, but said he did not take the drugs. He staunchly denied he had had sex with Jones—who in turn denied selling the pastor drugs—and insisted he had been “steady with

my wife.” But an investigation by the board of Haggard’s 14,000-member New Life Church found him guilty of “sexually immoral conduct” and forced his resignation as senior pastor.

▼ **DIED.** Joe Niekro, 61, right-handed pitcher whose deadly knuckleball helped him to a career 221 wins in 22 seasons and who, with his knuckleball-hurling brother Phil, famously won more games than any other pair of brothers in major league baseball history; of a brain aneurysm; in Tampa, Fla. In 1976 the longtime Houston Astro hit his only career home run—against Phil, then pitching for the Atlanta Braves.



DIED. Buddy Killen, 73, powerful Nashville music publisher and songwriter who launched the careers of Dolly Parton and Whispertin’ Bill Anderson and turned Tree International, the company he ran with Grand Ole Opry manager Jack Stapp, into a music-publishing titan; of liver and pancreatic cancer; in Nashville. Killen’s songs became hits for performers like Conway

DIED. P.W. Botha, 90, apartheid era South African President whose rigid defense of racial separation over-shadowed his secret 1989 talks with jailed ANC leader Nelson Mandela; in Wilderness, South Africa. Known as the Old Guard for his fearsome temper, Botha made some reforms, giving Asians and mixed race citizens—not blacks—a limited voice in government. But he also oversaw the detention of tens of thousands of anti-apartheid activists. Despite global pressure to release him free, Mandela was finally released in 1990, a year after F.W. de Klerk replaced Botha. And he refused to appear before the post-apartheid Truth and Reconciliation Commission, saying, “I am not prepared to apologize.” Still, he was remembered kindly last week by Mandela, above, with Botha, 1995, who noted the “steps he took to pave the way for a free South Africa.”

Twitty (*I May Never Get to Heaven*) and the Little Dippers (*Forever*). In 1989, in a deal that marked a new high for country music, he sold Tree International to CBS for more than \$30 million.

DIED. Robert Anderson, 85, automotive engineer turned chairman of Rockwell International, who expanded the firm into an aerospace giant that built space shuttles and the much maligned, hugely expensive B-1 long-range bomber; in Los Angeles. Known for his bluntness—“A bomber is a

baby killer; people don’t like bombers,” he once said—Anderson successfully lobbied Ronald Reagan’s aides to resurrect the controversial B-1, which could carry nuclear weapons and had little risk of radar detection, after it had been abandoned during the Carter Administration. He also helped devise the 426 hemi engine with which NASCAR champion Richard Petty won his first Daytona 500 race in 1964.

DIED. Mose Tolliver, believed to be in his 80s, factory worker turned folk artist known as Mose T who became one of the leading figures in the Outsider Art, or self-taught, movement; in Montgomery, Ala. Tolliver began painting compulsively in the 1960s after an accident at a furniture factory left his legs crushed. His lyrical pieces, which he made with house paint and hung in his front yard using dental floss, first drew curious buyers, then eager galleries. The paintings—of bold, bright, sometimes grotesque women, birds, flowers, snakes and trees—are now in the permanent collections of major institutions, including the Smithsonian and New York City’s American Folk Art Museum.



DIED. William Styron, 81, writer of morally provocative epics—including *Lie Down in Darkness* and *The Confessions of Nat Turner*—that explore, in agonizing detail, the human capacity for evil; on Martha’s Vineyard, Mass. A descendant of slave owners, Styron became obsessed as a boy with the 1831 slave revolt led by Nat Turner, which began not far from his childhood home in Newport News, Va. *Confessions*, written in the first person, drew bitter criticism from black leaders, who called it presumptuous, but won Styron a Pulitzer Prize. Along with *Sophie’s Choice*, the harrowing tale of an Auschwitz survivor that became an Oscar-winning 1982 movie starring Meryl Streep, it cemented his reputation as a literary giant. But his success did not come easily. In 1990 he chronicled his struggle with depression in the memoir *Darkness Visible*. And in reference to his work, which he produced on a legal pad at a painstaking pace of no more than a page and a half per day, he said, “A great book should leave you with many experiences—and slightly exhausted.”



TIME

THE CASE FOR DIVIDING IRAQ

By Peter W. Galbraith

With the country descending into civil war, a noted diplomat and author argues why partition may be the U.S.'s only exit strategy

Iraq is broken.

Iraq's national-unity government is not united and does not govern. Iraqi security forces, the centerpiece of the U.S.'s efforts for stability, are ineffective or, even worse, combatants in the country's escalating civil war. President George W. Bush says the U.S.'s goal is a unified and democratic Iraq, but we have no way to get there. As Americans search for answers, there is one obvious alternative: split Iraq into separate Kurdish, Sunni and Shi'ite states.

The case for the partition of Iraq is straightforward: It has already happened. The Kurds, a non-Arab people who live in the country's north, enjoy the independence they long dreamed about. The Iraqi flag does not fly in Kurdistan, which has a democratically elected government and its own army. In southern Iraq, Shi'ite religious parties have carved out theocratic fiefdoms, using militias that now number in the tens of thousands to enforce an Iranian-style Islamic rule. To the west, Iraq's Sunni provinces have become chaotic no-go zones, with Islamic insurgents controlling Anbar province while Baathists and Islamic radicals operate barely below the surface in Salahaddin and Nineveh. And Baghdad, the heart of Iraq, is now partitioned between the Shi'ite east and the Sunni west. The Mahdi Army, the most radical of the Shi'ite militias, controls almost all the Shi'ite neighborhoods, and al-Qaeda has a large role in Sunni areas. Once a melting pot, Baghdad has be-



SHADOW LANDS

As dusk settles, a U.S. soldier stands watch at a Shi'ite stronghold in Baghdad

Photograph for TIME
by Yuri Kozyrev



come the front line of Iraq's Sunni-Shi'ite war, which is claiming at least 100 lives every day.

Most Iraqis do not want civil war. But they have rejected the idea of a unified Iraq. In the December 2005 national elections, Shi'ites voted overwhelmingly for Shi'ite religious parties, Sunni Arabs for Sunni religious or nationalist parties, and the Kurds for Kurdish nationalist parties. Fewer than 10% of Iraq's Arabs crossed sectarian lines. The Kurds voted 98.7% for independence in a non-binding referendum.

Iraq's new constitution, approved by 80% of Iraq's voters, is a road map to partition. The constitution allows Iraq's three main groups to establish powerful regions, each with its own govern-

ment, substantial control over the oil resources in its territory and even its own regional army. Regional law supersedes federal law on almost all matters. The central government is so powerless that, under the constitution, it cannot even impose a tax.

American leaders seem to be in denial about these facts. President Bush continually asserts that the Iraqi people have voted for unity, while Condoleezza Rice once told me how impressed she was by the commitment of the Iraqi Kurds to building a new Iraq. James A. Baker III, co-chairman of a congressionally mandated commission tasked with formulating new policy options, has ruled out the idea of dividing Iraq. The most prominent American politician to endorse anything resembling partition is Senator Joseph

THE GREAT DIVIDE

Iraq is checkered by different religions and ethnicities, its history marked by forced relocations and bloody conflict. The current Sunni-Shi'ite war has once again changed the demographic map of Iraq, leading some to call for the country to be split into three states. But carving up Iraq could displace millions, provoke struggles for the control of territory and make the bloodshed even worse.



Area by ethnic and religious groups



Population density



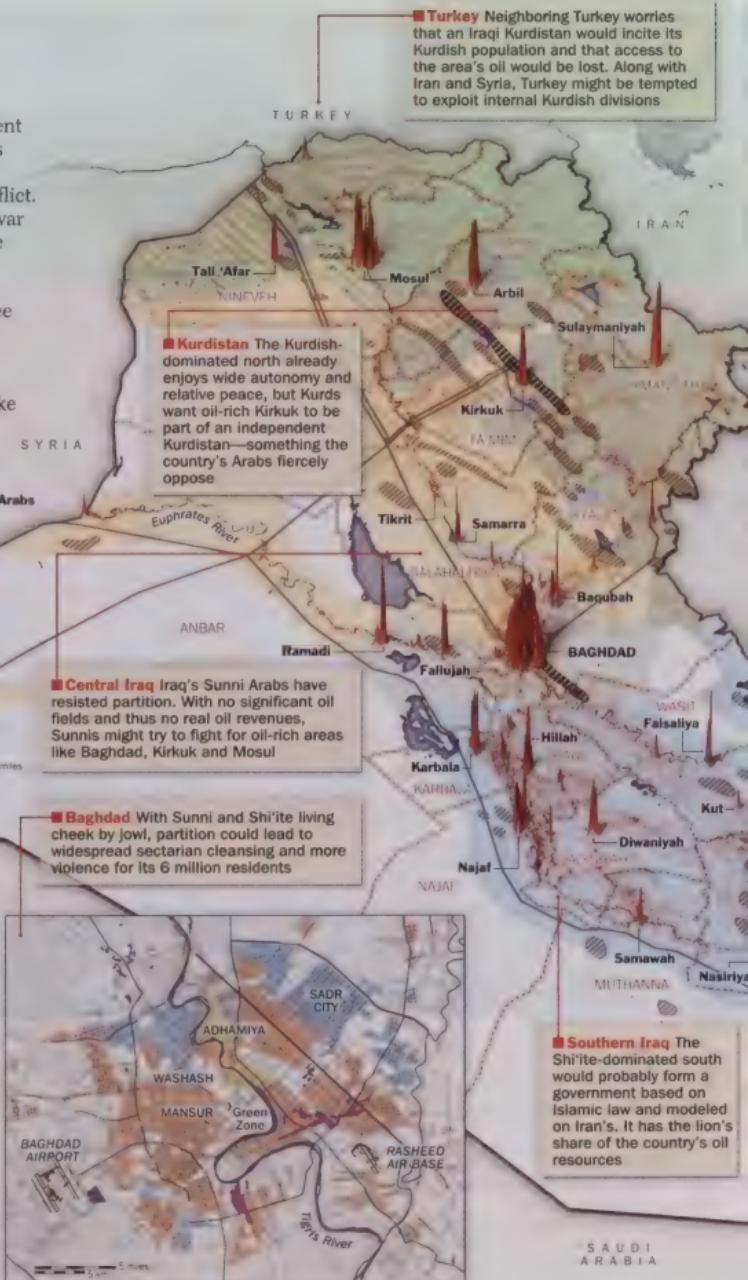
Oil

Supergiant oil field
(5 billion bbl. in reserve)

Other oil field

Pipeline

Turkey Neighboring Turkey worries that an Iraqi Kurdistan would incite its Kurdish population and that access to the area's oil would be lost. Along with Iran and Syria, Turkey might be tempted to exploit internal Kurdish divisions



BEFORE IT WAS IRAQ

Under Ottoman rule

Until WW I, Iraq was a region divided into three provinces (vilayets), with Shi'ite Basra in the south, Baghdad in the center and a largely Kurdish Mosul in the north



Under British rule

In the postwar division of Ottoman territory, the provinces came under British control, forming the borders for Iraq. It was granted independence in 1932



OIL RICHES

Total known oil reserves by province

Oil reserves in millions of bbl.



WORLD

Biden, who, along with former Council on Foreign Relations president Leslie Gelb, proposes dividing Iraq into three regions while maintaining a "central government in charge of common interests."

U.S. officials are now asking that Iraqis agree to a program of national reconciliation, changes in the constitution to protect Sunni interests, and an oil law that would share revenues equitably. It's instructive that this initiative aimed at unifying Iraq comes from Americans and not the country's elected leaders. A U.S. effort to put Iraq back together would involve endless micromanagement of Iraqi affairs and an open-ended presence of large numbers of U.S. troops. Breaking up Iraq, on the other hand, could provide an exit strategy for U.S. troops, mitigate the worst effects of civil war and give all Iraqis a greater stake in shaping their future. Few Americans imagined that 3½ years after "liberating" Iraq, the U.S. would be presiding over the country's demise. But in a war in which there have never been good options, partition is the best we have left.

Iraq has never been a voluntary union of its peoples. Winston Churchill, as Britain's Colonial Secretary, created Iraq from the wreckage of the Ottoman Empire in 1921, installing a Sunni Arab King to rule over the Shi'ite majority and a rebellious Kurdish minority. Churchill later described Iraq's forced unity as one of his biggest mistakes. In 2003 the U.S. not only unseated the last and most brutal of Iraq's tyrants but also destroyed the institutions—notably the army and the Baath Party—that held Iraq together. The

IT IS NOT POSSIBLE TO BUILD A NATIONAL ARMY WHEN THERE IS NO NATION TO BEGIN WITH

sectarian slaughter that followed the Feb. 22 bombing of the Shi'ite Golden Mosque in Samarra accelerated Iraq's disintegration.

Nonetheless, the U.S. continues to cling to the illusion of Iraqi unity. President Bush's hopes for success in Iraq depend on two pillars: Prime Minister Nouri al-Maliki's national-unity government and the establishment of security forces that are trusted and respected by all Iraqis. But both are shams. Al-Maliki leads a religious Shi'ite coalition that includes parties that operate the death squads that kill scores of Sunnis each day. While he says illegal militias should be disbanded, he has vigorously resisted every U.S. operation against them. The Sunnis in Iraq's government are, if anything, even more extreme. Mahmoud al-Mashhadani, the Speaker of the Council of Representatives and Iraq's highest-ranking Sunni, has been closely associated with Ansar al-Islam, an al-Qaeda-linked terrorist group that has targeted Shi'ites and secular Iraqis. He has blamed Iraq's problems on the Jews and has said statues should be erected to those who kill American troops. President Bush has lavishly praised both al-Mashhadani and al-Maliki, but flattery has not produced statesmanship. The real problem is that they reflect the views of their respective communities, which voted overwhelmingly for them.

Meanwhile, U.S. officials speak of Iraq's army and police as if they were neutral guarantors of public safety. Iraqis see them for what they are: Shi'ites or Sunnis who are active combatants in Iraq's civil war. Shi'ite police units have kidnapped, tortured and executed thousands of Sunnis since the Samarra bombing. Sunni policemen are often insurgents or sympathizers. The army, while

marginally better than the police, is divided along sectarian lines and is largely ineffective. Whole battalions do not show up for combat duties they don't like. It is not possible to build a national army or police force when there is no nation to begin with.

So what can be done? The most realistic option is for the U.S. to abandon the idea of creating a new, united Iraq and instead allow the country to break apart, enabling each of the country's three groups to choose its own government and provide for its own security. It is possible that Sunni and Shi'ite regions would remain together in a loose confederation, but Kurdistan's full independence is almost certainly a matter of time.

Partition is an Iraqi solution. The U.S. could help make it go more smoothly, but it mostly needs to get out of the way. The Kurds already have their region. Last month Iraq's parliament approved a law to allow the Shi'ites to merge Iraq's nine southern provinces into a single state. The one group that resists dividing Iraq is the Sunnis, some out of nostalgia for the days when they ran the country and others because they reject all that has happened since Saddam's overthrow. But with the Kurds and Shi'ites having their regions, partition becomes an accomplished fact. It is hard to see any alternative for the Sunnis except to do the same.

In fact, the Sunnis may have the most to gain from partition. The Sunni insurgency feeds on popular hostility not just to the Americans but to a Shi'ite-dominated Iraqi government. Most

THERE'S NO REASON TO BELIEVE THAT FORMALIZING THE BREAKUP WOULD MAKE ANYTHING WORSE

Sunnis don't support al-Qaeda and its imitators, but they often prefer them to Iraqi security forces, which are seen as complicit in the killings of Sunnis. If the Sunnis were to establish their own region, they could have an army and provide for their own security. Since Iraq's known oil fields are in the Shi'ite south and the Kurdish north, the Sunnis do have reason to fear being stuck in the middle with no resources of their own. So, for partition to work, the Kurds and Shi'ites would have to guarantee the Sunnis a proportionate share of Iraq's oil revenues for a period of time, as they have already agreed to do. Over the long term, exploration for oil in the largely unexplored Sunni areas provides the region its best prospect for revenues.

We should have no illusions: partitioning Iraq would not be easy. Some groups would resist bloodily. But the adverse consequences of partition have already occurred. There's no reason to believe that formalizing Iraq's breakup would make anything worse—in fact, it might even help contain the violence. It's useful to outline the three main arguments raised against partition and explain why none are as convincing as their proponents portray them to be:

The sectarian bloodbath will get worse. Iraq's Sunni-Shi'ite civil war has already claimed tens of thousands of lives and forced Sunnis and Shi'ites to abandon coexistence. This is tragic and cer-

Peter W. Galbraith, a former U.S. ambassador to Croatia who has advised the Kurds on constitutional issues, is the author of The End of Iraq: How American Incompetence Created a War Without End

tainly not what most Iraqi Shi'ites or Sunnis want. But once under way, civil wars tend to empower the most extreme elements. Civil wars do not end because the parties get tired of fighting. Rather, they end because of outside intervention or, more often, because one side wins. Partition will not stop the sectarian cleansing in mixed areas, but by giving Shi'ites and Sunnis their own regions, it can avoid an outcome in which Iraq's more numerous Shi'ites completely crush the Sunnis.

Iran will dominate the Shi'ite south. Iran's Iraqi allies already dominate Shi'ite southern Iraq. If the U.S. were serious about countering Iran's influence, U.S. troops would have to forcefully disarm the Shi'ite militias and dismantle the southern theocracies. But this would mean taking on a whole new enemy in Iraq and also require committing more troops. The Bush Administration has no intention of doing either. Right now, Iran's allies control both the central government in Baghdad and the south. Partition would limit Iran's influence to the southern half of Iraq.

A divided Iraq will be destabilizing to Iraq's neighbors. Iraq's Sunni Arab neighbors all fear the destabilizing consequences of partition. But they fear an Iran-dominated Iraq even more. Turkey, Iraq's other powerful neighbor, has a population that includes at least 14 million Turkish Kurds. The Turkish nightmare has been the emergence of an independent Kurdistan in Iraq. But now that it is actually happening, Turkey has responded pragmatically: it is by far the largest source of investment in Iraqi Kurdistan and has cultivated close relations with its leaders. As Turkey's more sophisticated strategic thinkers understand, Turkey and an independent Kurdistan have a lot in common. Both are secular, pro-Western, democratic and non-Arab. Not only will Kurdistan depend on Turkey economically, but it can serve as a useful buffer to an Iran-dominated Islamic Iraq.

For many Americans, the biggest appeal of partition is that it makes possible a relatively rapid U.S. exit from much of Iraq. If U.S. goals no longer include preserving national unity or establishing Western-style democracy, there is no need for U.S. troops in the Shi'ite south or Baghdad. We would leave behind a civil war and an Iran-dominated south, but that outcome would be no different if we were to stay with the current force levels and mission. One overriding interest in Iraq, however, is still achievable: that Iraq's Sunni areas not become a base from which al-Qaeda and its allies might attack the West. With the security that comes from having their own region, the Sunnis might deal more effectively with the terrorist threat, since continuing violence would prevent economic progress in the Sunni areas. While local leaders are now unwilling to fight the most radical elements of the insurgency when the beneficiary is Iraq's Shi'ites, they may be more willing to do so when it benefits them.

The U.S. will still need an insurance policy against the threat of al-Qaeda in western Iraq. This could be accomplished by deploying a small force to Kurdistan, from which the U.S. could readily move back into the adjacent Sunni areas if necessary to disrupt al-Qaeda operations. This force would discharge a moral debt to the Kurds who fought on our side and could help consolidate democracy in the one part of Iraq that turned out as we hoped.

American administrations are instinctively committed to existing lines on the map. But not all breakups are a disaster. Although President Bush's father tried to hold the Soviet Union together, few mourned its ultimate demise. Trying to put back together Iraq, a state that has brought nonstop misery to most of its people for its entire 80-year history and is not desired by a substantial part of its citizens, will only bring about more pain and blood for Americans and Iraqis. If the country's people are to be saved, the only choice is to end Iraq.

Joe Klein

What Baker Should Tell Bush

Joe Klein on the memo that the former Secretary of State and co-chair of the Iraq Study Group ought to send to the President

To: The President

From: James A. Baker III

Re: How You Can Keep Iraq from Falling Apart

Mr. President:

AS YOU KNOW, THE COMMISSION THAT I CO-CHAIR WITH LEE Hamilton isn't scheduled to submit its Iraq-policy recommendations until next month, but the situation on the ground is deteriorating rapidly and I felt compelled to offer this unofficial interim report. Your range of options in Iraq has narrowed dramatically. It is possible that the situation is beyond salvage. The remainder of your presidency may be spent managing the international consequences of a historic policy failure. You must change course dramatically and soon. Your stated objectives—

democracy, stability in Iraq—can remain the same, but your priorities must change. Democracy must take a backseat to the restoration of order.

Let me be blunt: the U.S. military campaign to stabilize Iraq has failed. We have lost control of Anbar province, the Sunni stronghold. We are losing the battle for Baghdad. Muqtada al-Sadr's militia has taken control in several predominantly Shi'ite provinces. The government in Baghdad is near collapse. Sadr's support is the only real power base that Prime Minister Nouri al-Maliki has left. If the political equation isn't changed soon, it is likely that Sadr will emerge as the de jure leader of Shi'ite Iraq. This will certainly lead to a full-scale civil war and Kurdish secession.

Are there any viable options to anarchy? More troops? The U.S. military is overstretched and exhausted. Partition? The atmosphere in Baghdad is too chaotic and bitter for a new power-sharing deal among the Sunnis, Shi'ites and Kurds. The last best chance to restore order and hold Iraq together may be a dramatic ecumenical expansion of the Iraqi security forces under new leadership. We need to rectify the most serious error we made in Iraq after our initial military success and restore elements of the Baath Party, especially its former Shi'ite military leaders, to positions of power. Each of Iraq's neighbors, with the exception of Iran, believes that some version of this proposal is the best immediate course of action.

We know that former Baathists have been at the heart of the Sunni insurgency. In Anbar province, for example, a key financier and coordinator of the insurgency has been Rashid Taan Kazim—one of the few cards in the deck representing Saddam's leadership circle we weren't able to capture. We are negotiating in Jordan with Baathist representatives of the Sunni insurgency; we're trying to split them off from the al-Qaeda-in-

Mesopotamia terrorists, and we may succeed if a re-Baathification program is put in place. It is less well known that Sadr's Shi'ite militia, the Mahdi Army, also has a strong Baathist component. U.S. military intelligence estimates that upwards of 30% of Sadr's militia leaders are former members of Saddam's armed forces. There is communication, and occasionally collaboration, between these Sunni and Shi'ite Baathists. In the spring of 2004, elements of the Sadr organization helped stoke the Fallujah rebellion. The question is,

Can a military leader be found—preferably a Shi'ite who served honorably in Saddam's army—who can command the loyalty of all these groups? How many of those who served in Saddam's army can be recruited into an expanded and reorganized Iraqi armed forces? Can a state of emergency be declared, with power transferred temporarily to an Executive Council composed of military and civic leaders?

It's a long shot, Mr. President. There are many obstacles. The most immediate is Muqtada al-Sadr, who must be removed from the equation. We cannot be the agency of his removal, of course, but Sadr has many enemies, including rivals within his own organization. The other Shi'ite parties will also be obstacles—and, of course, the Grand Ayatullah Ali Husaini Sistani will need to be assuaged—but the strength of these groups has diminished as Sadr's power has increased in the past year, and it is possible they can be brought into the tent. The threat of a U.S. withdrawal, which would leave these groups at the mercy of both Sadr and the Sunnis, can be effectively paired with financial carrots and positions on the Executive Council. The Kurds would have to be guaranteed continuing autonomy. Strong U.S. financial and logistical support of an expanded Iraqi military would have to be part of the package, as would a major diplomatic effort to involve Iraq's neighbors in regional stabilization. It would not be pretty or easy. We would have to find common cause with some very bad actors. I know it would be a bitter pill, Mr. President, but it may be your least worst choice in Iraq—and I believe the American public will be receptive to anything that can bring an end to this sad campaign.



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Big news about oral care may change the way you think about rinsing with Listerine® Antiseptic. Emerging science suggests that there may be a link between the health of your mouth and the health of your whole body. Physicians and dentists don't yet know the exact connection between the health of your mouth and the health of your body, but several theories exist. One thing everyone agrees on is that a

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Learn more about the mouth-body connection at www.listerine.com

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*Fluoridating after rinsing with Listerine® mouthwash can be an benefit as part of your regular oral care routine to help prevent and reduce plaque and gingivitis. *The ADA Council on Scientific Affairs' ACCREDITATION of Listerine is based on its finding that the product is effective in helping to prevent or reduce gingivitis and plaque. Above the gumline, when used as directed.



STREET WALKERS A troop of monkeys crosses the road near the presidential palace

Simon Robinson

WAY TOO MUCH MONKEY BUSINESS

India declares war on an unwanted urban dweller. The methods may surprise you

MOST OF THE WORLD'S big cities face a basic set of problems: traffic, pollution, crime. Then there is Delhi, which has an urban challenge that's nearly unique: too many monkeys. Hungry rhesus macaques roam the streets and even the subway, leap through treetops outside grand government buildings and scale fences around offices and private homes, searching for open windows and accessible food. Even Delhi's police headquarters has been raided by a monkey gang.

To most of the Indian capital's 15 million residents, monkeys are as much a part of the cityscape as Mughal tombs and speeding auto rickshaws. Monkeys and humans have long coexisted in India, where Hindus consider the primates sacred. In the ancient Sanskrit epic *The Ramayana*, the monkey god Hanuman symbolizes wisdom, devotion, righteousness and strength. On most days, devout Hindus feed Delhi's monkeys a feast of bananas and peanuts.

But as a booming economy opens the country to foreign in-

vestment, floods India's cities with new workers and leaves fewer sanctuaries for the local primates, government officials are looking for ways to rein in the monkey business. A few years ago, officials in Delhi started rounding up monkeys and caging them in a large, dedicated prison on the outskirts of the city. Authorities would like to send them to forests in neighboring states, but many are refusing to accept the animals. India's Supreme Court stepped in last month, ordering that 300 entrapped monkeys be transferred to a forest in the central state of Madhya Pradesh.

Some urban dwellers are taking matters into their own hands. In parts of Delhi, companies are now employing imposing langur monkeys to protect buildings and scare off the smaller rhesus monkeys. "Any langur will do the business," says Zahid Khan, 20, a langur handler who regularly chains one or two outside the Press Trust of India building, which houses TIME's Delhi bureau. "The monkeys are petrified of them."

That may be true, though the introduction of a 40-lb. beast outside your window doesn't exactly bring a sense of tranquillity. With their sharp teeth and long, muscular tail that can swat an errant primate from a couple of feet away, langurs are scary not just to smaller monkeys but also to humans. Khan says business is good, despite the recent proliferation of competitors. The company he works for employs 12 langurs, including the two he was using to guard our building a few weeks ago: Babby, an 8-year-old female with a young

Monkeys and humans have long coexisted in India, where Hindus consider the primates sacred

baby playing at her feet; and Ramu, a fierce-looking 10-year-old male. "If they hit you with their tail, it will break the skin," says Khan.

But even langur pushers know they're offering only a quick fix. Iqbal Malik, one of India's leading primatologists, estimates there are now 5,000 monkeys in Delhi. Seven years ago, she came up with a plan to create a reserve for the city's

monkeys and begin a program of sterilization for selected males. But she says the city fumbled those plans and instead started caging monkeys to create the impression it was doing something.

Malik says using langurs is "stupid." The smaller monkeys may be scared of langurs, but they will simply move elsewhere in the city. There is also some evidence that over time the smaller monkeys and langurs may start coexisting peacefully. Chaining langurs also contravenes India's wildlife-protection act. "I'm laughing because it's beyond care now," says Malik. "They are dealing with a problem by creating new ones."

Indeed, there's little sign that the monkey menace is receding. As the monkey population has increased in recent years—owing to the growing number of urban feasts as well as to scientific laboratories that use monkeys for experiments and then abandon them—the natural balance has been thrown off kilter. Hungry monkeys attack people and snatch food when they can.

Given the strains between monkey and modern man, some Indians believe the only solution is to return the animals to the wild. But even that wouldn't end the debate. Environmentalists point out that Delhi's monkeys have become urbanized and may not survive in the wild. Activists also complain that in the process of rounding up monkeys, many are injured and babies get separated from mothers. "We have to tackle this another way," says Gautam Grover, head of the protection group Animal Saviour. "We took their land, we took their trees, we took their forests, and now we just want to send them to another forest. We're playing God with this." Too bad the monkeys aren't playing along.



ERIC RUDOLPH



ZACARIAS MOUSSAOUI



TED KACZYNSKI



THE ALCATRAZ OF THE ROCKIES

Two photographs stitched together show the ADX, left, and a sister maximum-security facility on the right

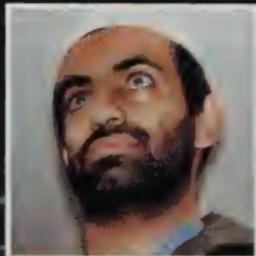
INSIDE BOMBERS

By MARYANNE VOLVERS

HIGHWAY 50 RUNS STRAIGHT AS A POOL CUE FROM PUEBLO, COLO., through 23 miles of rangeland and piñon flats before offering an exit to the scruffy little city of Florence (pop. 3,795). Like Flint, Mich., or Orlando, Fla., Florence is a company town. The industry here is prisoners, and the company is the Federal Bureau of Prisons. Twenty years ago, the people of surrounding Fremont County ponied up \$160,000 to buy some open land outside Florence, hoping to entice the bureau to build a prison complex as a way to boost the town's economy. Corrections had long been a mainstay in Fremont County; the high desert valley was already

home to more than half a dozen prisons. But in the end, Florence got a little more than it bargained for.

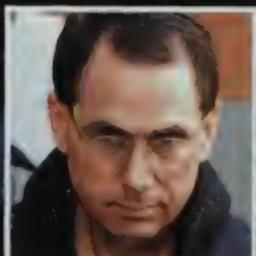
The 600-acre Federal Correctional Complex, which was completed in 1994 on the outskirts of town, is a virtual theme park of penal experiences, ranging from a minimum-security camp for inside-traders and small-time pot dealers to the concrete fortress that was built to be the most secure prison in the country: the Administrative Maximum U.S. Penitentiary, or ADX for short. The inmates in ADX Florence include drug kingpins, gang



RAMZI YOUSEF



RICHARD REID



TERRY NICHOLS



ROW

HOW AMERICA'S MOST DANGEROUS CRIMINALS MIX WITH A WHO'S WHO OF THE GLOBAL JIHAD IN A COLORADO PRISON

leaders, hit men, snipers and, lately, more and more, international terrorists, including al-Qaeda shoe bomber Richard Reid; mastermind of the 1993 World Trade Center bombing Ramzi Yousef and at least seven of his accomplices; and four men convicted of involvement in the 1998 bombings of U.S. embassies in Africa. There are American terrorists too. Timothy McVeigh, the Oklahoma City bomber, spent time there before being transferred to Indiana, where he was executed in 2001. His accomplice, Terry Nichols, is still at ADX, as is Theodore Kaczynski, the

Unabomber. The common thread running through the crimes committed by these men accounts for the nickname given to the highest-security section of the prison: Bombers Row.

Until now, almost nothing has been written about the inner workings of the ADX. Since 9/11, journalists have been routinely denied access to the facility, its staff and inmates. But Eric Robert Rudolph, who is serving life without parole at the prison for the fatal bombings at the Atlanta Olympics and an abortion clinic in Alabama, has written letters to

me, the author of a book about his case, and to his mother Patricia Rudolph, who has shared them with me. These missives offer a unique first-hand account of life on Bombers Row.

"IT IS RAMADAN NOW AND THE MUSLIMS are fasting," Rudolph wrote in the fall of 2005, three months after he arrived at ADX. "The call to prayer echoes through the halls five times a day giving this place a decidedly otherworldly feel." Although the inmates are isolated in gloomy one-man cells the size of a small bathroom at

least 23 hours a day, their chambers aren't soundproof. In fact, the prison is noisy. Rudolph's housing unit resonates with the constant mechanical whir and clank of electronic gates, punctuated by the sound of inmates praying, wailing and shouting conversations in English and Arabic through the walls and vents between their cells.

There are eight cells in Rudolph's "range," and another eight on the level above him. For security reasons, he is not allowed to name his fellow prisoners, but he says there is one American who never comes out of his cell; according to sources outside the ADX, the silent American is Kaczynski. Rudolph says the rest of his neighbors are such nationalities as Egyptian, Sudanese and Palestinian. He writes that his area of the prison is "where they house the political offenders, what they call 'terrorists.'" There are many such men at ADX. The list of Arab inmates reads like a *Who's Who* of the international jihad. Apart from the bombers already mentioned, there are, among others, Zacarias Moussaoui, the sole individual convicted of involvement in the



THE OLYMPIC PARK BOMBER

Rudolph sent this photo of himself in his ADX cell to his mother in his first letter to her, in October 2005

Moments after they post the questions on Monday morning the yelling begins

9/11 attacks: Ahmed Ressam, arrested at the Canadian border with explosives he had planned to use to bomb the Los Angeles International Airport; and Abdul Hakim Murad, convicted in Operation Bojinka, a 1995 al-Qaeda scheme to blow 12 planes, 11 of them U.S.-bound, out of the sky during a 48-hour period.

A correctional officer at ADX told me that inmates are placed on the same range based on their compatibility. Another clue as to why jihadists are housed together comes from Bureau of Prisons director Harley Lappin's 2003 testimony to the Senate Judiciary Committee. He said that his department's strategy was to ensure that "inmates with terrorist ties do not have the opportunity to radicalize or recruit other inmates." They are kept at ADX because, he noted, it's "our most secure facility."

But is it secure enough? For the first decade after the ADX was built, the citizens of Florence weren't worried much about the secretive compound, which is only conspicuous when the sun goes down and its banks of light towers glow against the dark horizon. But when Moussaoui, the crazed 9/11 wannabe hi-

jacker, arrived to considerable media fanfare in May 2006, some locals started to feel as if they were living beside a tempting terrorist target. People weren't so much concerned that someone would break out of the fortified ADX, but rather they wondered what would prevent an al-Qaeda squad, perhaps a suicide attacker, from breaking in. At the same time, they were hearing rumors about internal security problems at the Supermax, as the prison is sometimes called. "There's a lot we should be scared about in this little town, with those individuals up there," said Cindy Cox, the mayor of Florence. "Some think that since they're in prison, they're not terrorizing anyone anymore. But what about their friends?"

The federal complex is located only a couple of chip shots away from a combined golf course and housing development. While the two higher-security prisons there have walled yards, the entire campus is separated from the community by only a single barbed-wire cow fence. State representative Buffie McFadyen, a two-term Democrat whose district includes the prisons in Fremont County, has pressed members of Congress, to no avail,

to appropriate funds to build a solid wall around the complex, along with a central guard tower to better protect the center from outside attack. The Bureau of Prisons has already failed four times to squeeze money into its budget to upgrade security. McFadyen has also campaigned to remedy what a federal arbitrator has called dangerous understaffing at the ADX. "The threat comes from both inside and outside the prison," McFadyen says.

LIKE AN ANTHROPOLOGIST DROPPED INTO an exotic village, Rudolph seems fascinated by the Arab inmates. "They're an extremely fatalistic people," he wrote. "This time must be very rough on them for they have little interest in anything other than the Middle East, President Bush and Islam. But at least they have each other and rattle on endlessly in Arabic."

Rudolph is getting his neighbors to teach him their language. He picks it up one phrase at a time. He wrote his mother, who lives in Sarasota, Fla., that "Kuifa ta Kool," which he spelled out phonetically, means "How do you say ...?" Sometimes the other inmates are eager to communi-

cate with Rudolph, other times they are "sulking or buried in some Arabic hell of depression."

In ADX, the spartan cells are designed to keep inmates from hurting themselves—and their guards. Each 7- or 8-ft. by 12-ft. space contains a molded concrete bunk, stool and desk; a steel shower, sink and toilet, and a small black-and-white TV encased in Plexiglas to prevent tampering. At one end of the cell is a solid steel door, and a small vestibule—for the use of guards when they enter—separated from the living quarters by steel bars. There is one 4-in. by 4-ft. window. Rudolph's is over his bed, looking out on the prison yard. "Through the slit window one can see the sky, but other than this and the few small birds that roost on the prison roof, there are no signs of the natural world."

The inmates have almost no physical contact with other people. Food, mail and laundry are delivered through a slot in the steel bars. Prisoners have a choice of two kinds of meals: the regular plan consists of typical American food: casseroles, hamburgers, blue-plate specials. The al-

ternative is a diet conforming to almost all religious restrictions. It contains no pork and incorporates lots of beans and vegetables. Muslims get special meals during the month of Ramadan, when the observant do not eat during daylight hours.

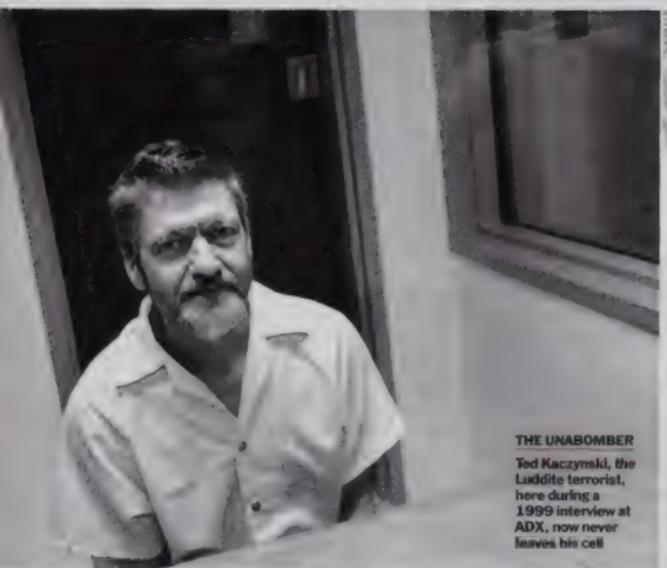
Prison staff sit in control booths from which they operate the doors and surveil the corridors using sound monitors and cameras. To keep the inmates occupied, they offer crossword puzzles, bingo and *Jeopardy* competitions through flyers or through a closed-circuit TV channel. "The Muslims are obsessed with the games, they chatter endlessly about the possible answers," Rudolph wrote. The winners are rewarded with a candy bar or a picture of themselves. Being a Westerner puts Rudolph at an advantage in the trivia games, and his foreign neighbors depend on his help. "Moments after they post the questions on Monday morning, the yelling begins. 'Areek, what are the answers? Who is President in the War of 1812?'"

Television is another distraction. ADX sources say inmates get basic cable serv-

ice, although nothing as fancy as HBO, and can choose what to watch, though these privileges can be taken away as punishment for rules violations. Rudolph says he gets 60 channels, including music-radio stations and local news. A special prison channel offers educational shows, courses in anger management and a smorgasbord of religious programs dealing with faiths ranging from Catholicism to the Nation of Islam and even Asatru, the ancient Norse religion favored by Aryan supremacists.

According to Bureau of Prisons policy, the high-risk inmates in Rudolph's unit are allowed visits and phone calls only from their lawyers and from a list of approved contacts often restricted to immediate family members. All communications by such prisoners are supposed to be monitored by correctional staff. But a report by the Justice Department's Office of the Inspector General released last month faulted the bureau for not properly screening inmate mail and phone conversations at ADX Florence and other facilities. It confirmed reports that after 9/11, Mohammed Salameh, one of the 1993 World Trade

'Areek, what the answers? Who is President in the War of 1812?' —ERIC RUDOLPH



THE UNABOMBER

Ted Kaczynski, the Luddite terrorist, here during a 1999 interview at ADX, now never leaves his cell

Center bombers, wrote a letter praising Osama bin Laden that was published in Arabic newspapers. Salameh and two of his accomplices, also at ADX, mailed out at least 90 unmonitored letters between 2002 and 2004. The recipients included Islamic extremists with links to suspects in the Madrid train bombings; one letter was sent to Mohamed Achraf, alleged leader of a plot to blow up the National Justice Building in Madrid.

Investigators discovered that at the time the letters went out, there was only one part-time Arabic translator on staff at ADX to handle mail checks, which were done at random. The bureau has since hired three full-time Arabic translators for ADX but claims that more funds are needed to fully monitor the communications of all high-risk inmates, particularly non-English speakers.

To cut costs, the Bureau of Prisons in 2005 instituted a policy of shifting staff around within prisons and filling only the most critical positions. The union that represents correctional workers at the ADX charged that this resulted in the facility's being staffed far below the bureau's minimum safety standards. In spring a federal

arbitrator heard testimony from ADX staff that some housing units had been left unattended for entire eight-hour shifts. Union officials also charged that posts in what they call the "terrorist unit" were routinely left vacant. According to the union, staff shortages meant that inmates weren't getting meals on time, scheduled phone calls were delayed or canceled, and exercise hours were cut because there was nobody to supervise them.

The inmates, correctional officers say, often turn hostile and dangerous when their basic needs are unmet or their routines are disrupted. "When you start tinkering with staffing levels, you start setting that system off balance, so you start seeing a lot of things popping up in terms of in-

crease and once a week for break in the yard. More recently they have been lucky to get outside once a month. Rudolph has joined other inmates in filing a complaint with the Bureau of Prisons over deteriorating conditions, but he doesn't hold out much hope that they will be corrected.

IT'S NOT EASY TO UNNERVE THE CITIZENS of Fremont County. Prisons have been part of the landscape since before Colorado was a state—the Colorado Territorial prison dates back to the 19th century, and people are accustomed to the occasional disturbance or inmate escape. In Florence, most folks still don't lock their doors at night. Many have grown up listening for three short blasts from the fire whistle—a signal

deserve our support, just like the troops overseas," she said. "Fremont County helps keep the country safe. Now the country should keep Fremont County safe."

FROM ERIC RUDOLPH'S POINT OF VIEW, THE ADX is locked down very tight. The procedure to leave one's cell for a rare opportunity to exercise outside, for instance, is an ordeal. Two guards enter the vestibule and order the inmate to strip. After a cavity search, he dresses again and his hands are cuffed through an opening in the bars that separate the vestibule from the rest of the cell. The guards then march him down the corridor, a steel-tipped baton at the ready. When all the prisoners are lined up, they are led to an outdoor recreation area enclosed by 25-ft. walls. If they look straight up through the

"If you've ever seen big cats at a zoo, this is what they do as well. They

pace back and forth across the yard, yelling in loud Arabic."

creased inmate assaults and increased threats," says Mike Schnobrich, a union representative who works at ADX. The union documented that since the new staffing policy began in 2005, two ADX inmates have been murdered by fellow prisoners, after 10 years without a killing at the facility; threats to staff increased, from 55 in 2005 to 110 in 2006; and assaults on correctional officers increased nearly a third over the same period, from 30 to 38 incidents.

The federal arbitrator sided with the union and in October ordered the Bureau of Prisons to reduce the hazards to correctional officers. Traci Billingsley, a spokeswoman for the bureau, disputes the arbitrator's findings and denies there has been any problem with staffing at the ADX, saying in a written response to questions from TIME that the facility "continues to operate safely and efficiently." She said that 60 new correctional workers have recently been added to the staff of the Federal Correctional Complex. Union representative Schnobrich maintains that despite those hires, staffing at ADX is still dangerously low.

Rudolph's letters over the past year have reflected increasing frustration with prison conditions caused by staff shortages. He has complained about cold food, delayed mail and calls missed because there was no one available to bring a phone to his cell. When he first arrived at ADX in 2005, the inmates in his range were let out of their cells four or five times a week for indoor ex-

ercise and once a week for break in the yard. More recently they have been lucky to get outside once a month. Rudolph has joined other inmates in filing a complaint with the Bureau of Prisons over deteriorating conditions, but he doesn't hold out much hope that they will be corrected.

IT'S NOT EASY TO UNNERVE THE CITIZENS of Fremont County. Prisons have been part of the landscape since before Colorado was a state—the Colorado Territorial prison dates back to the 19th century, and people are accustomed to the occasional disturbance or inmate escape. In Florence, most folks still don't lock their doors at night. Many have grown up listening for three short blasts from the fire whistle—a signal

chain mesh that encloses the top of the yard, they can see a patch of the blue Colorado sky.

The prisoners are placed in chain-link enclosures called "dog runs," one per cage. Their cuffs are removed through a door slot. This is the only time the inmates actually see and interact with one another. "It is awkward adjusting my voice from the necessary yell of the cell block to the face-to-face conversation in the yard," Rudolph writes. "Unlike me the Arabs don't adjust the volume." Rudolph describes how his neighbors pair up in their separate runs and then "walk the length of the cage in unison, back and forth, yelling as they go. If you've ever seen big cats at a zoo, this is what they do as well. They pace back and forth, rhythmically, like a pendulum. Across the yard, this is what one sees: seven pairs of inmates pacing together, all the while yelling in loud Arabic." The words *Aiwa, aiwa* echo across the yard. Yes, yes.

"When the hour is up, the slow process of moving us back to the cells begins in reverse," Rudolph writes. "And then we sit in our darkened cells for the rest of the week, staring out at the empty sun-drenched yard."

*This article is adapted from Maryanne Vollers' book *Lone Wolf—Eric Rudolph: Murder, Myth, and the Pursuit of an American Outlaw*, which HarperCollins will publish this week*

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The Snow Show

He is more pundit than spokesman, really, but Bush's press secretary is getting away with it

By Ana Marie Cox

ON THE MORNING AFTER THE NORTH KOREANS tested a nuclear device, White House press secretary Tony Snow held one of the informal off-camera "gaggles" that's meant to give reporters some sense of what the Administration's take is on the stories of the day. One reporter began to ask, somewhat playfully, "It seems there's this massive event; now we're waiting for something to happen—" Snow interrupted. "A massive event?" The reporter clarified. "I mean, a big-deal event, that they tested a nuclear—" Snow interrupted again. "A big-deal event?" Surprised, the reporter asked, "It's not?" Said Snow: "There was an event."

It's the kind of exchange that could have made headlines—**WHITE HOUSE DISMISSES NUCLEAR TEST AS NO BIG DEAL**—but it didn't. The *New York Times* referenced the exchange in a longer piece about North Korea, but other than that, the pronouncement went unnoticed. I later asked another reporter why. "Well," the reporter explained, "we've come to understand that when he says stuff like that, he's not representing the White House viewpoint, he's just ... Tony being Tony."

Snow regularly finds himself at the outer edge of Bush country, his rhetoric having carried him past the safety of White House talking points. It is lonely out there. This Administration prides itself on message discipline; straying of any kind is usually punished: Adviser Larry Lindsey was fired in 2002 after telling papers that the Iraq war could cost \$200 billion; Army Chief of Staff General Eric Shinseki was publicly chastised for not backing up White House estimates on troop levels. But Snow's ad-libbing is tolerated, even encouraged. How does he pull it off? It's not just that he is as quick to retract and apologize as he is to—as he has said—"step in it." It's also because the Snow Show, Administration officials believe, is paying off. "He's not the sort of person who's going to be carefully scripted," says chief of staff Joshua Bolten, "but it's a very small price to pay for having some-

one who is brilliant at capturing and articulating the essence of the policy message." Or at least, getting that message out. White House counselor Dan Bartlett says he has noticed a marked uptick in how much of the press secretary's briefing gets replayed on the nightly news and throughout cable since Snow took the job in April. "If he's not being quoted," says Bartlett, "then usually one of our critics are, so we'd prefer it be him."

Snow has the smooth, slightly exaggerated features of a television news anchor and, of course, he was one. He was the original host of *Fox News Sunday*. He was editor of the conservative *Washington Times* editorial page. He filled in regularly for Rush Limbaugh. Then he walked away from a \$1.7 million contract with Fox News to become the most famous White

House press secretary in history. Even in the White House's West Wing, where restrictions on visitors ensure that no one is just a tourist, his appearances in the hallway can elicit a bubble of giggly Beatlemania; I heard a visiting VIP yelp, "Omigod, I just saw *Tony Snow*!" His fame—inevitably, his colleagues describe him as a "rock star"—has unavoidably changed the very nature of the job. He is more than a mouthpiece; he's a one-man echo chamber, able to riff on the themes of the Bush presidency with a wide smile and a word-a-day-calendar vocabulary. His flamboyant style has drawn the media spotlight just a little off center, away from the President. And these days, the White House doesn't mind.

Sure, the attention was negative when Snow dismissed Congressman Mark Foley's creepy messages to former pages as "naughty e-mails." There was the time Snow likened stem-cell research to murder. He invoked the unfortunate cliché "tar baby" early on, but just as interesting as his missteps are his striking successes. He said Bob Woodward's book, critical of the Bush Administration's handling of Iraq after the invasion, was "like cotton candy—it kind of melts on contact." After John Kerry was caught in a gaffe that appeared to demean the armed forces, Snow thundered, "This is an absolute insult."

The showmanship is a boon beyond the briefing room as well. Snow hit the campaign trail this fall, an unprecedented move for a White House press secretary. He headlined 17 fund raisers for G.O.P. candidates in the two months leading up to the midterms. Of course, it wasn't just Snow's popularity that put him on the stump. If Snow's conservative bona fides have made him as familiar to the Republican base as Bush is, Snow is also, for the moment, probably better liked. In the end, if a candidate would rather be seen with the press secretary than with the President, then you've got bigger problems than a rock-star spokesman can solve.

Check time.com for more examples of "Tony being Tony"



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Whose Idea Was This?

The Army tries to send a soldier convicted of abuse at Abu Ghraib back to Iraq—to train Iraqi police

By ADAM ZAGORIN

IN A WAR EFFORT MARRED BY POOR PLANNING and misjudgments of the local scene, this move just about took the cake. Someone in the U.S. military thought it was a good idea to send Sergeant Santos Cardona, a dog handler convicted of abusing detainees at the Abu Ghraib prison in Baghdad, back to serve again in Iraq. What's more, his unit's job was to help train Iraqi police, a curious assignment for a military policeman caught in photographs distributed worldwide doing just the sort of thing peace officers should never do.

Cardona knew it was a terrible idea. Shortly before he left Fort Bragg, N.C., for the Middle East, he told a close friend and family members that he was returning against his wishes but felt dutybound to accept the deployment. The friend said Cardona described trying to attach another soldier's name tags to his uniform in hopes of concealing his identity from Iraqis but was told by a superior to desist. According to this friend, Cardona said he had told at least one of his superiors that he feared for his safety in Iraq. Cardona's name can be referenced almost instantly on the Internet, and his photo appears in at least one al-Qaeda propaganda video.

Still, it was not until TIME.com reported last week that Cardona was on his way to Iraq that the military reconsidered his posting. The morning after the story broke, the Pentagon said in a statement that Cardona's movement into Iraq from a staging area in Kuwait had been "stopped." Hours later, it said he would return to Fort Bragg immediately.

By reversing course, the Army stanched the p.r. damage, but some harm had already been done. On hearing the news that Cardona was in Kuwait awaiting transfer to Iraq, Maryam al-Rais, a member of the Iraqi parliament, lamented, "This is just the latest in a long list of insults to Iraqi dignity by the Americans." A Western official

in Baghdad said he had received several angry calls from Iraqi political figures expressing "cold fury" at what they interpreted as American arrogance and insensitivity. The timing of Cardona's return could not have been worse. Anti-American sentiment is at an all-time high; opinion polls show that most Iraqis, regardless of sect or ethnicity, want the U.S. forces out. The Abu Ghraib scandal still resonates strongly among Iraqis. Those who resent the U.S. presence

and aggravated assault, the equivalent of a felony in the U.S. civilian justice system. The prosecution demanded prison time, but a military judge instead imposed a fine and reduction in rank. Though Cardona was not put behind bars, he was required to serve 90 days of hard labor at Fort Bragg. He has since regained his rank of sergeant. Speaking to TIME while Cardona was in Kuwait, Army public affairs specialist Major James Crabtree, who is assigned to the 18th Airborne Corps at Fort Bragg, which has responsibility for Cardona's unit, said his company "happens to be deployed to Iraq, so he went with them." Crabtree quoted the Army commander overseeing the transfer as saying, "There were no issues associated with [Cardona's] new deployment." Assigning Cardona to Iraq again, com-



THE DOG HANDLER Cardona at the court-martial of a co-defendant in March and at Abu Ghraib in 2003 with a tan Belgian shepherd. The private at right testified that the dog bit the Iraqi inmate twice

never tire of using it as a flogging horse. Even today, statements and videos issued by insurgents and jihadi organizations routinely cite Abu Ghraib as proof of the U.S.'s malign intentions in Iraq. Even America's allies in Iraq often bring up the scandal as proof of how little the U.S. understands the country. Many Iraqis will admit that their own security forces treat prisoners at least as badly, but they point out that their government doesn't lecture the world about human rights. The punishment meted out to Americans found guilty of atrocities at Abu Ghraib, Iraqis complain, was too lenient.

Cardona, who served as a dog handler at Abu Ghraib in 2003 and '04, was convicted this past May of dereliction of duty

mented retired General Barry McCaffrey, who commanded a division in the first Gulf War, "represents appallingly bad judgment."

According to a close friend with whom Cardona spoke just before his departure, the soldier was worried that not only he but also comrades serving with him could become targets for insurgents. The Iraqi police, whom the company was assigned to train, have been the target of frequent assassination attempts and, according to U.S. intelligence, are heavily infiltrated by insurgents. The Pentagon's last statement about the sergeant's return to Fort Bragg said he would be assigned duties that would allow him "to be a productive member" of the Army. —With reporting by Aparisim Ghosh/Baghdad

Nathan Thornburgh

How to Stage a Coup, American-Style

Libertarian activists are moving to a state where they'll have maximum clout

IF RON HELWIG CAN JOIN the revolution, then so can you. All you have to do is believe, as Helwig does, that the government has gone way too far in regulating your personal life, taxing your income and invading your privacy. And, of course, you have to move to New Hampshire.

That's exactly what the affable computer programmer from Minnesota did this year. He's a new member of the Free State Project, a group of like-minded libertarians from around the U.S. whose goal is to come together in the tiny New England state in sufficient numbers to create a libertarian showroom for the rest of the country.

The Free State idea was the brainchild five years ago of Jason Sorens, then a grad student in political science at Yale. Card-carrying libertarians make up just under 1% of voters around the country, a number that has made them achingly irrelevant in national politics. Sorens argued in online forums and later at political events that if 20,000 libertarians would move to the same small state, they would no longer be in the electoral wilderness. They could finally make a difference and show the rest of America

what real liberty looks like—the kind where you don't have to wear seat belts or register your guns and nobody passes laws about what the neighbors can do in their bedroom.

By 2003 thousands had agreed in principle to make

and his two housemates, also Minnesotan émigrés, it was clear that 20,000 is an ambitious goal. No more than a few dozen movement members from around the state showed up for the beer and pizza. In all, fewer than 200 have moved to New Hampshire in the past three years. "Getting libertarians to do anything together is like herding cats," groused a partygoer.

It would be wrong to write off the Free Staters entirely, though. Those who have moved have been putting on a display of rambunctious, representative democracy. Some



BUMPER CROP A Free Stater's truck highlights the many objects of a libertarian's ire

the move once a total of 20,000 had signed on. They settled on New Hampshire as their destination. The state's motto, after all, is **LIVE FREE OR DIE**, and its low taxes and high regard for minding your own damn business proved irresistible. Republican officials were delighted. "Come on up," Craig Benson, the Governor at the time, told them. "We'd love to have you."

At a recent Free State Project meet-and-greet in Deerfield thrown by Helwig

prefer civil disobedience and street demonstrations: one was recently arrested at a local IRS office handing out pamphlets that said, "Hitler had a revenue service too." Although the Free State Project doesn't endorse political candidates, some members have been making competitive runs for local office, including some staunch home-schooling advocates who have been elected to local school boards. With one state legislator for every 3,000 or so citizens (the best ratio of any

state), New Hampshire has a proud tradition of hyperrepresentative government, but as in the rest of the country, many of its citizens are apathetic about politics. By simply showing up and speaking out at public meetings, the Free Staters are filling the participatory void. They helped block a statewide ban on smoking in bars and restaurants and joined forces with elements of the two main parties to pressure the statehouse to vote down a pilot program for a national ID card.

If the Republican establishment was expecting the movement to deliver loyal conservative voters, the libertarians—who want to lift controls on both guns and narcotics—are proving more complicated creatures. Cathleen Converse used to be a by-the-book conservative in South Carolina. But she says that the free-spending, prying Bush Administration sped up her defection from the G.O.P. and eventually brought her husband and her to the Free State Project. "As Republicans showed their true colors," she says, "we had to choose the side of liberty." She adds, "Back home, most of the people thought we were crazy. But here, when you talk about real freedom, people actually nod their heads."

Moving to New Hampshire has given Helwig a new faith in politics. "Democracy isn't really ruled by the majority," he says. "It's ruled by the vocal minority." With more Free Staters driving their U-Hauls north each month, the vocal minority may slowly be growing a little louder.

New Hampshire's motto is **LIVE FREE OR DIE**, and its low taxes and high regard for minding your own damn business proved irresistible



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God

By DAVID VAN BIEMA

We revere faith and scientific progress, hunger for miracles and for MRIs. But are the worldviews compatible? TIME convenes a debate

THERE ARE TWO GREAT DEBATES UNDER THE BROAD heading of Science vs. God. The more familiar over the past few years is the narrower of the two: Can Darwinian evolution withstand the criticisms of Christians who believe that it contradicts the creation account in the *Book of Genesis*? In recent years, creationism took on new currency as the spiritual progenitor of "intelligent design" (I.D.), a scientifically worded attempt to show that blanks in the evolutionary narrative are more meaningful than its very convincing totality. I.D. lost some of its journalistic heat last December when a federal judge dismissed it as pseudoscience unsuitable for teaching in Pennsylvania schools.

Illustration for TIME by Brad Holland

Science

But in fact creationism and I.D. are intimately related to a larger unresolved question, in which the aggressor's role is reversed: Can religion stand up to the progress of science? This debate long predates Darwin, but the antireligion position is being promoted with increasing insistence by scientists angered by intelligent design and excited, perhaps intoxicated, by their disciplines' increasing ability to map, quantify and change the nature of human experience. Brain imaging illustrates—in color!—the physical seat of the will and the passions, challenging the religious concept of a soul independent of glands and gristle. Brain chemists track imbalances that could account for the ecstatic states of visionary saints or, some suggest, of Jesus. Like Freudianism before it, the field of evolutionary psychology generates theories of altruism and even of religion that do not include God. Something called the multiverse hypothesis in cosmology speculates that ours may be but one in a cascade of universes, suddenly bettering the odds that life could have cropped up here accidentally, without divine intervention. (If the probabilities were 1 in a billion, and you've got 300 billion universes, why not?)

Roman Catholicism's Christoph Cardinal Schönborn has dubbed the most fervent of faith-challenging scientists followers of "scientism" or "evolutionism," since they hope science, beyond being a measure, can replace religion as a worldview and a touchstone. It is not an epithet that fits everyone wielding a test tube. But a growing proportion of the profession is experiencing what one major researcher calls "unprecedented outrage" at perceived insults to research and rationality, ranging from the alleged influence of the Christian right on Bush Administration science policy to the fanatic faith of the 9/11 terrorists to intelligent design's ongoing claims. Some are radicalized enough to publicly pick an ancient scab: the idea that science and religion, far from being complementary responses to the unknown, are at utter odds—or, as Yale psychologist Paul Bloom has written bluntly, "Religion and science will always clash." The market seems flooded with books by scientists describing a caged death match between science and God—with science winning, or at least chipping away at faith's underlying verities.

Finding a spokesman for this side of the question was not hard, since Richard Dawkins, perhaps its foremost polemicist, has just come out with *The God Delusion* (Houghton Mifflin), the rare volume whose position is so clear it forgoes a subtitle. The five-week New York Times best seller (now at No. 8) attacks faith philosophically and historically as well as scientifically, but leans heavily on Darwinian theory, which was Dawkins' expertise as a young scientist and more recently as an explicator of evolutionary psychology so lucid that he occupies the Charles Simonyi professorship for the public understanding of science at Oxford University.

Dawkins is riding the crest of an atheist literary wave. In 2004, *The End of Faith*, a multipronged indictment by neuroscience grad student Sam Harris, was published (over 400,000 copies in print). Harris has written a 96-page follow-up, *Letter to a Christian Nation*, which is now No. 14 on the Times list. Last February, Tufts University philosopher Daniel Dennett produced *Breaking the Spell: Religion as a Natural Phenomenon*, which has sold fewer copies but has helped usher the discussion into the public arena.

If Dennett and Harris are almost-scientists (Dennett runs a multidisciplinary scientific-philosophic program), the authors of half a dozen aggressively secular volumes are card carriers: In *Moral Minds*, Harvard biologist Marc Hauser explores the nondivine—origins of our sense of right and wrong (September); in *Six Impossible Things Before Breakfast* (due in January) by self-described "atheist-reductionist-materialist" biologist Lewis Wolpert, religion is one of those impossible things; Victor Stenger, a physicist-astronomer, has a book coming out titled *God: The Failed*



RICHARD DAWKINS

The Oxford professor says close reading of the physical evidence should lead toward atheism.

Hypothesis. Meanwhile, Ann Druyan, widow of archskeptical astrophysicist Carl Sagan, has edited Sagan's unpublished lectures on God and his absence into a book, *The Varieties of Scientific Experience*, out this month.

Dawkins and his army have a swarm of articulate theological opponents, of course. But the most ardent of these don't really care very much about science, and an argument in which one party stands immovable on Scripture and the other immobile on the periodic table doesn't get anyone very far. Most Americans occupy the middle ground: we want it all. We want to cheer on science's strides and still humble ourselves on the Sabbath. We want access to both MRIs and miracles. We want debates about issues like stem cells without conceding that the positions are so intrinsically inimical as to make discussion fruitless. And to balance formidable standard bearers like Dawkins, we seek those who possess religious conviction but also scientific achievements to credibly argue the widespread hope that science and God are in harmony—that, indeed, science is of God.

Informed conciliators have recently become more vocal. Stanford University biologist Joan Roughgarden has just come out with *Evolution and Christian Faith*, which provides what she calls a "strong Christian defense" of evolutionary biology, illustrating the



FRANCIS COLLINS

The genome pioneer says material signs point to God but that God also exists outside of space and time

discipline's major concepts with biblical passages. Entomologist Edward O. Wilson, a famous skeptic of standard faith, has written *The Creation: An Appeal to Save Life on Earth*, urging believers and non-believers to unite over conservation. But foremost of those arguing for common ground is Francis Collins.

Collins' devotion to genetics is, if possible, greater than Dawkins'. Director of the National Human Genome Research Institute since 1993, he headed a multinational 2,400-scientist team that co-mapped the 3 billion biochemical letters of our genetic blueprint, a milestone that then President Bill Clinton honored in a 2000 White House ceremony, comparing the genome chart to Meriwether Lewis' map of his fateful continental exploration. Collins continues to lead his institute in studying the genome and mining it for medical breakthroughs.

He is also a forthright Christian who converted from atheism at age 27 and now finds time to advise young evangelical scientists on how to declare their faith in science's largely agnostic upper reaches. His summer best seller, *The Language of God: A Scientist Presents Evidence for Belief* (Free Press), laid out some of the arguments he brought to bear in the 90-minute debate TIME arranged between Dawkins and Collins in our offices at the Time & Life Building in New York City on Sept. 30. Some excerpts from their spirited exchange:

TIME: Professor Dawkins, if one truly understands science, is God then a delusion, as your book title suggests?

DAWKINS: The question of whether there exists a supernatural creator, a God, is one of the most important that we have to answer. I think that it is a scientific question. My answer is no.

TIME: Dr. Collins, you believe that science is compatible with Christian faith.

COLLINS: Yes. God's existence is either true or not. But calling it a scientific question implies that the tools of science can provide the answer. From my perspective, God cannot be completely contained within nature, and therefore God's existence is outside of science's ability to really weigh in.

TIME: Stephen Jay Gould, a Harvard paleontologist, famously argued that religion and science can coexist, because they occupy separate, airtight boxes. You both seem to disagree.

COLLINS: Gould sets up an artificial wall between the two worldviews that doesn't exist in my life. Because I do believe in God's creative power in having brought it all into being in the first place, I find that studying the natural world is an opportunity to



If ever there was a slamming of the door in the face of constructive investigation, it is the word miracle. Once you buy into the position of faith, you [begin] losing your scientific credibility.

observe the majesty, the elegance, the intricacy of God's creation.

DAWKINS: I think that Gould's separate compartments was a purely political ploy to win middle-of-the-road religious people to the science camp. But it's a very empty idea. There are plenty of places where religion does not keep off the scientific turf. Any belief in miracles is flat contradictory not just to the facts of science but to the spirit of science.

TIME: Professor Dawkins, you think Darwin's theory of evolution does more than simply contradict the *Genesis* story.

DAWKINS: Yes. For centuries the most powerful argument for God's existence from the physical world was the so-called argument from design: Living things are so beautiful and elegant and so apparently purposeful, they could only have been made by an intelligent designer. But Darwin provided a simpler explanation. His way is a gradual, incremental improvement starting from very simple beginnings and working up step by tiny incremental step to more complexity, more elegance, more adaptive perfection. Each step is not too improbable for us to countenance, but when you add them up cumulatively over millions of years, you get these monsters of improbability, like the human brain and the rain

forest. It should warn us against ever again assuming that because something is complicated, God must have done it.

COLLINS: I don't see that Professor Dawkins' basic account of evolution is incompatible with God's having designed it.

TIME: When would this have occurred?

COLLINS: By being outside of nature, God is also outside of space and time. Hence, at the moment of the creation of the universe, God could also have activated evolution, with full knowledge of how it would turn out, perhaps even including our having this conversation. The idea that he could both foresee the future and also give us spirit and free will to carry out our own desires becomes entirely acceptable.

DAWKINS: I think that's a tremendous cop-out. If God wanted to create life and create humans, it would be slightly odd that he should choose the extraordinarily roundabout way of waiting for 10 billion years before life got started and then waiting for another 4 billion years until you got human beings capable of worshipping and sinning and all the other things religious people are interested in.

COLLINS: Who are we to say that that was an odd way to do it? I don't think that it is God's purpose to make his intention absolutely obvious to us. If it suits him to

be a deity that we must seek without being forced to, would it not have been sensible for him to use the mechanism of evolution without posting obvious road signs to reveal his role in creation?

TIME: Both your books suggest that if the universal constants, the six or more characteristics of our universe, had varied at all, it would have made life impossible. Dr. Collins, can you provide an example?

COLLINS: The gravitational constant, if it were off by one part in a hundred million million, then the expansion of the universe after the Big Bang would not have occurred in the fashion that was necessary for life to occur. When you look at that evidence, it is very difficult to adopt the view that this was just chance. But if you are willing to consider the possibility of a designer, this becomes a rather plausible explanation for what is otherwise an exceedingly improbable event—namely, our existence.

DAWKINS: People who believe in God conclude there must have been a divine knob twiddler who twiddled the knobs of these half-dozen constants to get them exactly right. The problem is that this says, because something is vastly improbable, we need a God to explain it. But that God himself would be even more improbable. Physicists have come up with other explana-

Richard, I would challenge the statement that my scientific instincts are any less rigorous than yours. But my presumption of God and thus the supernatural is not zero, and yours is.



tions. One is to say that these six constants are not free to vary. Some unified theory will eventually show that they are as locked in as the circumference and the diameter of a circle. That reduces the odds of them all independently just happening to fit the bill. The other way is the multiverse way. That says that maybe the universe we are in is one of a very large number of universes. The vast majority will not contain life because they have the wrong gravitational constant or the wrong this constant or that constant. But as the number of universes climbs, the odds mount that a tiny minority of universes will have the right fine-tuning.

COLLINS: This is an interesting choice. Barring a theoretical resolution, which I think is unlikely, you either have to say there are zillions of parallel universes out there that we can't observe at present or you have to say there was a plan. I actually find the argument of the existence of a God who did the planning more compelling than the bubbling of all these multiverses. So Occam's razor—Occam says you should choose the explanation that is most simple and straightforward—leads me more to believe in God than in the multiverse, which seems quite a stretch of the imagination.

DAWKINS: I accept that there may be things far grander and more incomprehensible than we can possibly imagine.

What I can't understand is why you invoke improbability and yet you will not admit that you're shooting yourself in the foot by postulating something just as improbable, magicking into existence the word God.

COLLINS: My God is not improbable to me. He has no need of a creation story for himself or to be fine-tuned by something else. God is the answer to all of those "How must it have come to be" questions.

DAWKINS: I think that's the mother and father of all cop-outs. It's an honest scientific quest to discover where this apparent improbability comes from. Now Dr. Collins says, "Well, God did it. And God needs no explanation because God is outside all this." Well, what an incredible evasion of the responsibility to explain. Scientists don't do that. Scientists say, "We're working on it. We're struggling to understand."

COLLINS: Certainly science should continue to see whether we can find evidence for multiverses that might explain why our own universe seems to be so finely tuned. But I do object to the assumption that anything that might be outside of nature is ruled out of the conversation. That's an impoverished view of the kinds of questions we humans can ask, such as "Why am I here?", "What happens after we die?", "Is there a God?" If you refuse to acknowledge their appropriateness, you end up with a

zero probability of God after examining the natural world because it doesn't convince you on a proof basis. But if your mind is open about whether God might exist, you can point to aspects of the universe that are consistent with that conclusion.

DAWKINS: To me, the right approach is to say we are profoundly ignorant of these matters. We need to work on them. But to suddenly say the answer is God—it's that that seems to me to close off the discussion.

TIME: Could the answer be God?

DAWKINS: There could be something incredibly grand and incomprehensible and beyond our present understanding.

COLLINS: That's God.

DAWKINS: Yes. But it could be any of a billion Gods. It could be God of the Martians or of the inhabitants of Alpha Centauri. The chance of its being a particular God, Yahweh, the God of Jesus, is vanishingly small—at the least, the onus is on you to demonstrate why you think that's the case.

TIME: The *Book of Genesis* has led many conservative Protestants to oppose evolution and some to insist that the earth is only 6,000 years old.

COLLINS: There are sincere believers who interpret *Genesis 1* and *2* in a very literal way that is inconsistent, frankly, with our

knowledge of the universe's age or of how living organisms are related to each other. St. Augustine wrote that basically it is not possible to understand what was being described in *Genesis*. It was not intended as a science textbook. It was intended as a description of who God was, who we are and what our relationship is supposed to be with God. Augustine explicitly warns against a very narrow perspective that will put our faith at risk of looking ridiculous. If you step back from that one narrow interpretation, what the Bible describes is very consistent with the Big Bang.

DAWKINS: Physicists are working on the Big Bang, and one day they may or may not solve it. However, what Dr. Collins has just been—may I call you Francis?

COLLINS: Oh, please, Richard, do so.

DAWKINS: What Francis was just saying about *Genesis* was, of course, a little private quarrel between him and his Fundamentalist colleagues ...

COLLINS: It's not so private. It's rather public. [Laughs.]

DAWKINS: ... It would be unseemly for me to enter in except to suggest that he'd save himself an awful lot of trouble if he just simply ceased to give them the time of day. Why bother with these clowns?

COLLINS: Richard, I think we don't do a service to dialogue between science and faith to characterize sincere people by calling them names. That inspires an even more dug-in position. Atheists sometimes come across as a bit arrogant in this regard, and characterizing faith as something only an idiot would attach themselves to is not likely to help your case.

TIME: Dr. Collins, the Resurrection is an essential argument of Christian faith, but doesn't it, along with the virgin birth and lesser miracles, fatally undermine the scientific method, which depends on the constancy of natural laws?

COLLINS: If you're willing to answer yes to a God outside of nature, then there's nothing inconsistent with God on rare occasions choosing to invade the natural world in a way that appears miraculous. If God made the natural laws, why could he not violate them when it was a particularly significant moment for him to do so? And if you accept the idea that Christ was also divine, which I do, then his Resurrection is not in itself a great logical leap.

TIME: Doesn't the very notion of miracles throw off science?

COLLINS: Not at all. If you are in the camp I am, one place where science and faith



could touch each other is in the investigation of supposedly miraculous events.

DAWKINS: If ever there was a slamming of the door in the face of constructive investigation, it is the word miracle. To a medieval peasant, a radio would have seemed like a miracle. All kinds of things may happen which we by the lights of today's science would classify as a miracle just as medieval science might a Boeing 747. Francis keeps saying things like "From the perspective of a believer." Once you buy into the position of faith, then suddenly you find yourself losing all of your natural skepticism and your scientific—really scientific—credibility. I'm sorry to be so blunt.

COLLINS: Richard, I actually agree with the first part of what you said. But I would challenge the statement that my scientific instincts are any less rigorous than yours. The difference is that my presumption of the possibility of God and therefore the supernatural is not zero, and yours is.

TIME: Dr. Collins, you have described humanity's moral sense not only as a gift from God but as a signpost that he exists.

COLLINS: There is a whole field of inquiry that has come up in the last 30 or 40 years—some call it sociobiology or evolutionary psychology—relating to where we get our moral sense and why we value the idea of altruism, and locating both answers in behavioral adaptations for the preservation of our genes. But if you believe, and Richard has been articulate in this, that natural

selection operates on the individual, not on a group, then why would the individual risk his own DNA doing something selfless to help somebody in a way that might diminish his chance of reproducing? Granted, we may try to help our own family members because they share our DNA. Or help someone else in expectation that they will help us later. But when you look at what we admire as the most generous manifestations of altruism, they are not based on kin selection or reciprocity. An extreme example might be Oskar Schindler risking his life to save more than a thousand Jews from the gas chambers. That's the opposite of saving his genes. We see less dramatic versions every day. Many of us think these qualities may come from God—especially since justice and morality are two of the attributes we most readily identify with God.

DAWKINS: Can I begin with an analogy? Most people understand that sexual lust has to do with propagating genes. Copulation in nature tends to lead to reproduction and so to more genetic copies. But in modern society, most copulations involve contraception, designed precisely to avoid reproduction. Altruism probably has origins like those of lust. In our prehistoric past, we would have lived in extended families, surrounded by kin whose interests we might have wanted to promote because they shared our genes. Now we live in big cities. We are not among kin nor people who will ever reciprocate our good deeds. It doesn't matter. Just as people engaged in sex with contraception



are not aware of being motivated by a drive to have babies. it doesn't cross our mind that the reason for do-gooding is based in the fact that our primitive ancestors lived in small groups. But that seems to me to be a highly plausible account for where the desire for morality, the desire for goodness, comes from.

COLLINS: For you to argue that our noblest acts are a misfiring of Darwinian behavior does not do justice to the sense we all have about the absolutes that are involved here of good and evil. Evolution may explain some features of the moral law, but it can't explain why it should have any real significance. If it is solely an evolutionary convenience, there is really no such thing as good or evil. But for me, it is much more than that. The moral law is a reason to think of God as plausible—not just a God who sets the universe in motion but a God who cares about human beings, because we seem uniquely amongst creatures on the planet to have this far-developed sense of morality. What you've said implies that outside of the human mind, tuned by evolutionary processes, good and evil have no meaning. Do you agree with that?

DAWKINS: Even the question you're asking has no meaning to me. Good and evil—I don't believe that there is hanging out there, anywhere, something called good and something called evil. I think that there are good things that happen and bad things that happen.

COLLINS: I think that is a fundamental dif-

ference between us. I'm glad we identified it.

TIME: Dr. Collins, I know you favor the opening of new stem-cell lines for experimentation. But doesn't the fact that faith has caused some people to rule this out risk creating a perception that religion is preventing science from saving lives?

COLLINS: Let me first say as a disclaimer that I speak as a private citizen and not as a representative of the Executive Branch of the United States government. The impression that people of faith are uniformly opposed to stem-cell research is not documented by surveys. In fact, many people of strong religious conviction think this can be a morally supportable approach.

TIME: But to the extent that a person argues on the basis of faith or Scripture rather than reason, how can scientists respond?

COLLINS: Faith is not the opposite of reason. Faith rests squarely upon reason, but with the added component of revelation. So such discussions between scientists and believers happen quite readily. But neither scientists nor believers always embody the principles precisely. Scientists can have their judgment clouded by their professional aspirations. And the pure truth of faith, which you can think of as this clear spiritual water, is poured into rusty vessels called human beings, and so sometimes the benevolent principles of faith can get distorted as positions are hardened.

DAWKINS: For me, moral questions such as

stem-cell research turn upon whether suffering is caused. In this case, clearly none is. The embryos have no nervous system. But that's not an issue discussed publicly. The issue is, Are they human? If you are an absolutist monotheist, you say, "These cells are human, and therefore they deserve some kind of special moral treatment." Absolutist morality doesn't have to come from religion but usually does.

We slaughter nonhuman animals in factory farms, and they do have nervous systems and do suffer. People of faith are not very interested in their suffering.

COLLINS: Do humans have a different moral significance than cows in general?

DAWKINS: Humans have more moral responsibility perhaps, because they are capable of reasoning.

TIME: Do the two of you have any concluding thoughts?

COLLINS: I just would like to say that over more than a quarter-century as a scientist and a believer, I find absolutely nothing in conflict between agreeing with Richard in practically all of his conclusions about the natural world, and also saying that I am still able to accept and embrace the possibility that there are answers that science isn't able to provide about the natural world—the questions about why instead of the questions about how. I'm interested in the whys. I find many of those answers in the spiritual realm. That in no way compromises my ability to think rigorously as a scientist.

DAWKINS: My mind is not closed, as you have occasionally suggested, Francis. My mind is open to the most wonderful range of future possibilities, which I cannot even dream about, nor can you, nor can anybody else. What I am skeptical about is the idea that whatever wonderful revelation does come in the science of the future, it will turn out to be one of the particular historical religions that people happen to have dreamed up. When we started out and we were talking about the origins of the universe and the physical constants, I provided what I thought were cogent arguments against a supernatural intelligent designer. But it does seem to me to be a worthy idea. Refutable—but nevertheless grand and big enough to be worthy of respect. I don't see the Olympian gods or Jesus coming down and dying on the Cross as worthy of that grandeur. They strike me as parochial. If there is a God, it's going to be a whole lot bigger and a whole lot more incomprehensible than anything that any theologian or any religion has ever proposed.

How much is too much fishing?



...which could lead
to the extinction
of many species



A LOOK AT WHO DOES THE MOST FISHING

Total
marine
harvest
'84 '04

In millions of tons

5.5

10.5

U.S.

5.1

3.6

Peru

5.1

LOW RISK
High diversity

HIGH RISK
Low diversity

Pacific
Ocean

U.S.

5.1

SOUTH AMERICA

Analyzing more than 50 years
of data, researchers found
that collapses in ecosystems
occur faster and recovery is
slower in areas with **low species
diversity** (red) than in areas with
high diversity (light yellow)



STURGEON

This ancient fish was around at the time of the dinosaurs. Its eggs (true caviar) are a gourmet delicacy, but sturgeons of the Caspian Sea are nearing extinction.

SWORDFISH

It was overfished in the late 1990s, but public pressure led to tighter regulations, which helped the species rebound. Today most of the swordfish Americans eat is imported.



PACIFIC SALMON

Nearly 30 runs of salmon in Washington and Oregon are endangered due to construction of dams and habitat loss. However, Alaska's salmon population thrives.

GROUPER

These sedentary, long-living fish dwell in deep waters and reproduce for short periods. They're overfished in the Gulf of Mexico near Florida's west coast and in Hawaii.

RED SNAPPER

Not to be confused with "Pacific red," they are heavily fished in the Gulf of Mexico, exported by Mexico and Brazil and listed as overfished by the U.S. since 1980.

TIME Graphic by Ed Gabel and Lon Tweeter
Written by Kristina Dell



BLUEFIN TUNA

One of the world's most valuable fish, these 300-lb. giants are favored for sushi. The Atlantic population has declined almost 90% since the 1970s.

10.8

2.6

Norway

2.9

Myanmar

3.1

India

2.6

India

3.1

India

3.1

India

SPECIES DIVERSITY

LOW RISK

High diversity

HIGH RISK

Low diversity

AFRICA

INDIA

ASIA

EUROPE

AMERICA

AUSTRALIA

MIDDLE EAST

ATLANTIC COD

Its abundance attracted Europeans settlers to America, but recent overfishing has altered the ecosystem. Scientists say we are fishing the last 10% of this species

CHILEAN SEA BASS

The trendiness of this fish, also called the Patagonian toothfish, could be its downfall. The fish is often caught illegally, especially in the remote waters of the Antarctic

SCIENCE

OCEANS OF NOTHING

A study says overfishing will soon destroy the seafood supply

By UNMESH KHER

FISHERMEN ON THE HIGH seas have plenty of worries, not the least of which are boat-tossing storms, territorial squabbles and even pirates. Now Boris Worm, a marine biologist at Dalhousie University in Halifax, Canada, has added another. After studying, among other things, global catch data over more than 50 years, he and a team of 13 researchers in four countries have come to a stunning conclusion. By the middle of this century, fishermen will have almost nothing left to catch. "None of us regular working folk are going to be able to afford seafood," says Stephen Palumbi, a Stanford University marine biologist and co-author of the study published in *Science*. "It's going to be too rare and too expensive."

Don't tell that to your local sushi chef. Over the past three decades, the fish export trade has grown fourfold, to 30 million tons, and its value has increased ninefold, to \$71 billion. The dietary attractiveness of seafood has stoked demand. About 90% of the ocean's big predators—like cod and tuna—have been fished out of existence. Increasingly, fish and shrimp farms are filling the shortfall. Though touted as a solution to overfishing, many of them have—along with

rampant coastal development, climate change and pollution—devastated the reefs, mangroves and seagrass beds where many commercially valuable fish hatch.

Steven Murawski, chief scientist at the U.S. National Marine Fisheries Service, finds Worm's headlining prediction far too pessimistic. Industry experts are even more skeptical. "There's now a global effort to reduce or eliminate fishing practices that aren't sustainable," says industry analyst Howard Johnson. "With that increased awareness, these projections just aren't realistic."

Perhaps. Still, the destructive fishing practices that have decimated tuna and cod have not declined worldwide, as Johnson suggests. Up to half the marine life caught by fishers is discarded, often dead, as bycatch, and vibrant coral forests are still being stripped bare by dragnets. Worm argues that fisheries based on ecosystems stripped of their biological diversity are especially prone to collapse. At least 29% of fished species have already collapsed, according to the study, and the trend is accelerating.

So what's a fish eater to do? "Vote with your wallet," says Michael Sutton, who runs the Monterey Bay Aquarium's Seafood Watch program in California. Since 1999, the aquarium has handed out pocket guides listing sustainably harvested seafood. The Marine Stewardship Council has partnered with corporations to similarly certify wild and farm-raised seafood. Some 370 products in more than two dozen countries bear the British group's "Fish Forever" label of approval. Wal-Mart and Red Lobster, among others, have made commitments to sell sustainably harvested seafood.

But that's just a spit in the ocean unless consumers in Japan, India, China and Europe join the chorus for change. "If everyone in the U.S. started eating sustainable seafood," says Worldwatch Institute senior researcher Brian Halweil, "it would be wonderful, but it wouldn't address the global issues. We're at the very beginning of this." —With reporting by Kathleen Kingsbury

SHARKS

Almost all are in trouble in part because they mature slowly and bear few offspring. They are being hunted to extinction, often to make traditional delicacies like shark-fin soup



When Cells Stop Working

Children keep dying from mysterious illnesses that have been traced to tiny structures called mitochondria

By MICHAEL D. LEMONICK

NOTHING WORRIES PARENTS MORE than a sick infant—especially when nobody can figure out what's wrong. For Asher Gould's parents, the uncertainty lasted for the first three years of their son's life. Asher's older brother Sam, now 10, has always been pretty healthy. But a couple of months after he was born, Asher started having trouble feeding and was spotting his diapers with blood. The pediatrician decided he had an allergy to milk. Then, at 9 months, he couldn't crawl or sit up. The diagnosis this time was hypotonia, a vague term that basically means "poor muscle tone." With physical therapy, Asher walked at 17 months, but then a month later he caught a cold—and overnight lost half his vocabulary. Nobody could figure out what was going on.

Asher was almost 3 when he began preschool, and that's when the phone started ringing. He was falling down at school. He became weaker and weaker. And after a mild flu, he stopped eating. By Christmas he was emaciated, but with a big, distended belly. His intestines had all

but stopped working, and nobody could figure out why. Maybe it was myopathy (a muscle disease) or some sort of nerve-wasting disorder. "Don't try to figure it out," advised a doctor. "Just put in a feeding tube."

But Asher's parents—Anne Reckling, a child psychologist, and David Gould, an administrator at a private school in Columbus, Ohio—were determined to get to the bottom of it. On the urging of someone on a myopathy e-mail discussion list, they went to see Dr. John Shoffner, a neurologist and geneticist at Horizon Molecular Medicine, a private group in Atlanta. A few weeks later, a fax arrived with Shoffner's diagnosis. Asher was suffering from a type of mitochondrial disease.

If the term is unfamiliar, that's no surprise. "When I began working on mitochondrial disease back in the '80s," says Shoffner, "people were still arguing over whether it even existed." Nobody is arguing about that anymore. In fact, doctors have now identified hundreds of different subtypes of the disorder. What they all have in common is a malfunction of the mitochondria—tiny substructures, or organelles, found inside every cell in the body. Their job is to convert food into a chemical called ATP that cells use for energy. When they go bad, all sorts of havoc is wreaked on the body. Depending on which types of cells are affected, mitochondrial disease can cause muscle wasting, nerve damage, seizures, stroke, blindness, deafness and more.



Officially, as many as 2 million Americans suffer from mitochondrial disease. But because defects in the mitochondria may underlie an astonishing range of very familiar illnesses, researchers are beginning to suspect that the real number is vastly higher. In the past few weeks alone, reports have come out in *Cell*, *Nature* and the *Journal of Neuroscience* implicating the mitochondria as factors in diseases such as Alzheimer's and Parkinson's. Indeed, says Dr. Vamsi Mootha, a Harvard Medical School researcher who won a MacArthur Foundation "genius" grant in 2004 for his work on mitochondria, "it looks like they're really important in diabetes, hypertension and many other common diseases—even in the aging process itself."

Exactly what role mitochondria play in these illnesses is still unclear. It's not even certain whether mitochondrial breakdowns are the cause or the effect of disease—although researchers suspect it's often a little of both. As mitochondria process food into energy, they create free radicals—highly reactive oxygen ions that can cause damage to proteins. Many experts believe that as cells age, this damage accumulates, weakening the mitochondria irrevocably



FEELING BETTER:
Asher still needs a feeding tube, but he can play tennis and do karate

and doing harm to specific organs—or, more generally, to the whole body. There's no smoking gun yet, says Mootha, but there's some tantalizing evidence. "We do know," he says, "that exercise can help slow the damage from diabetes and other disorders and also that exercise boosts the function of mitochondria."

OUT OF WHACK

Mitochondria are structures within **cells** that carry their own set of **DNA**, inherited from the mother. Their job is to convert **food** into a form of **energy** the cell can use

MITOCHONDRIUM

In
Glucose
and
oxygen

Out

ATP
(Energy)

When mitochondrial genes are damaged—or when damage occurs to genes in the nucleus that affect mitochondrial function—victims can suffer from symptoms including **muscle weakness, blindness, deafness, neurological damage** and more

TIME Graphic by Joe Lertola

put from the father) that's entirely separate from the DNA in the nucleus. Evolutionary biologists suspect, in fact, that these organelles started out as independent bacteria that were absorbed long ago into cells and harnessed as energy factories.

By the mid-1980s, says Mootha, the mitochondrial genome—with only about 16,000 genetic "letters," compared with 3 billion in the nuclear genome—had been sequenced. That let researchers link specific, rare disorders to specific mitochondrial mutations, always passed from mother to child. But by the time the Human Genome Project was completed in 2000, it was clear that mutations in the nucleus could cause problems in the mitochondria as well. "We now estimate," says Mootha, "that while mitochondrial DNA encodes just 13 proteins, another 1,500 or so proteins used by mitochondria are encoded by the nucleus."

This helps explains why mitochondrial disease occurs in such bewildering variety and why it can be so difficult to diagnose. Even now that it's better understood, parents sometimes face doctors' accusations of deliberately poisoning children to draw attention to themselves.

There's no cure yet for mitochondrial disease, nor even a surefire treatment. Sufferers are usually given vitamin and nutritional supplements, which can help slow the progress of the illness, but they aren't always effective. "If you'd asked me a year ago," says Shoffner, "I would have said that's the only option." Since then, however, some promising drugs have been developed, and will soon go into clinical trials. And a new company called Edison Pharmaceuticals, of San Jose, Calif., was founded last year for the sole purpose of coming up with drugs for mitochondrial disease.

Still, supplements have made a big difference for Asher. He tires easily and has to conserve energy—he uses a wheelchair if he has to travel long distances. He still needs a feeding tube. And he has damage to his optic and auditory nerves, along with some cognitive impairment. Nevertheless, says his mother, "he's a really positive, upbeat boy." Now 5, Asher is in kindergarten. He takes karate lessons and is learning to play tennis. But his family is well aware that he may not survive childhood, so they're always vigilant—sometimes to a fault. One morning last week, says Reckling, "he told me his legs were tingling. I don't know if it's new nerve damage—or if his feet were just asleep."



Symptoms

When mitochondrial genes are damaged—or when damage occurs to genes in the nucleus that affect mitochondrial function—victims can suffer from symptoms including **muscle weakness, blindness, deafness, neurological damage** and more



If you want to quit smoking,
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New Commit Cherry.

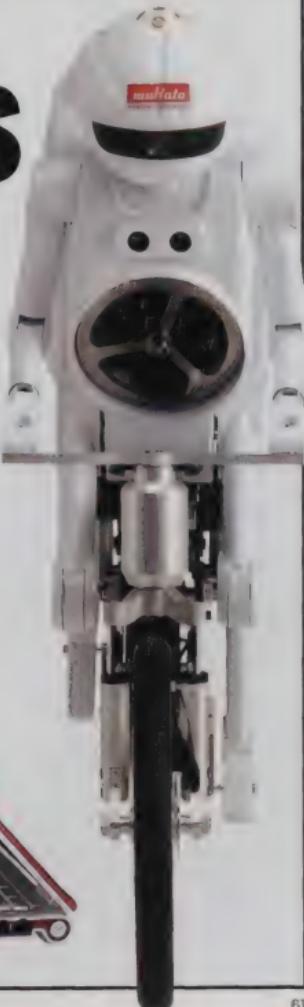
The tasty new stop smoking lozenge that tackles cravings fast and keeps working after it's gone.
Quitting smoking just got a little tastier.



TIME best inventions 2006

YouTube tops our list. But the year also brought hypoallergenic cats, wine-tasting robots, solar yachts, solid espresso and more

**PLUS Cool Technology
& Web Shopping Guide**



the people's network





In one wild year, YouTube gave us *macaca* and *lonelygirl15*, turned millions into movie stars and made a billion bucks



m

BY LEV GROSSMAN SAN BRUNO

Meet Peter. Peter is a 79-year-old English retiree. Back in WW II he served as a radar technician. He is now an international star.

One year ago, this would not have been possible, but the world has changed. In the past 12 months, thousands of ordinary people have become famous. Famous people have been embarrassed. Huge sums of money have changed hands. Lots and lots of Mentos have been dropped into Diet Coke. The rules are different now, and one website changed them: YouTube.

It's been an interesting year in technology. Nintendo invented a video game you control with a magic wand. A new kind of car traveled 3,145 miles on a single gallon of gas. A robot learned to ride a bike. Somebody came up with a nano-fabric umbrella that doesn't stay wet. But only YouTube created a new way for millions of people to entertain, educate, shock, rock and grok one another on a scale we've never seen before. That's why it's TIME's Invention of the Year for 2006.

But if YouTube is the Invention of the Year, who exactly invented it?

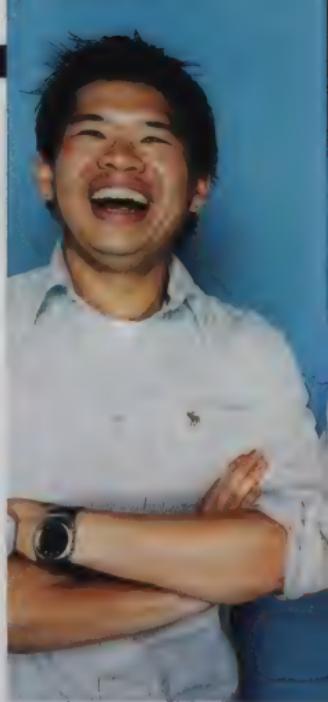
Let's be clear: we know who started it. That would be three twentysomething guys named Steve Chen, Chad Hurley and Jawed Karim. At a Silicon Valley dinner party one night in 2004 they started talk-

ing about how easy it was to share photos with your friends online but what a pain it was to do the same thing with video.

So they did something about it. They hacked together a simple routine for taking videos in any format and making them play in pretty much any Web browser on any computer. Then they built a kind of virtual video village, a website where people could post their own videos and watch and rate and comment on and search for and tag other people's videos. Voilà: YouTube.

But even though they built it, they didn't really understand it. They thought they'd built a useful tool for people to share their travel videos. They thought people might use it to pitch auction items on eBay. They had no idea. They had opened a portal into another dimension.

The minute people saw YouTube they did its creators a huge favor: they hijacked it. Instead of posting their home movies, they posted their stand-up routines and drunken ramblings and painful-looking snowboarding wipeouts. They uploaded their backyard science projects, their delivery-room footage and their interminable guitar solos. They sent in eyewit-



ness footage from the aftermath in New Orleans and the war in Baghdad—from both sides. They promulgated conspiracy theories. They sat alone in their basements and poured their most intimate, embarrassing secrets into their webcams. YouTube had tapped into something that appears on no business plan: the lonely, pressurized, pent-up video subconscious of America. Having started with a single video of a trip to the zoo in April of last year, YouTube now airs 100 million videos—and its users add 70,000 more—every day.



Peter—a.k.a. geriatric 1927—has been viewed a million times



Brookers' skits got her a TV development deal



The Eepybird duo



YouTube founders Chen and Hurley: They had no idea

ple use them all the time—a kind of self-stoking mass collaboration that wouldn't have been possible without the Internet.

The third revolution is a cultural one. Consumers are impatient with the mainstream media. The idea of a top-down culture, in which talking heads spoon-feed passive spectators ideas about what's happening in the world, is over. People want unfiltered video from Iraq, Lebanon and Darfur—not from journalists who visit there but from soldiers who fight there and people who live and die there.

The videos may not be slick, but they're real—and anyway, slick is overrated. Slick is 2005. The yardstick on YouTube is authenticity. That's why celebrities like Paris Hilton and P. Diddy can compete with a cute sleepy kitty and a guy doing a robot dance—and lose. That's why P. Diddy's crusty, good-natured reminiscences have made him the all-time second-most-subscribed-to uploader on YouTube. That's why Michael J. Fox let his Parkinson's tremors show. That's why politicians have suddenly started to act like real human beings in their campaign ads, and why some—like Senator George Allen of "MacacaGate" fame—have been busted for getting a little too real.

Less than a year after its launch, YouTube has become a media giant in its own right. Last month the company moved out of its 30-person office above a pizzeria in San Mateo, Calif., and into an office building in nearby San Bruno, Oh., and on Oct. 16 Hurley and Chen sold the company to Google for \$1.65 billion.

With that kind of money behind it, YouTube has to start conducting itself with

a little more legal and financial gravitas. That means making money—mostly through advertising—and convincing the TV, movie and music executives who find copyrighted material on YouTube that it's a revenue opportunity and not grounds for litigation. The learning curve is still steep. "The people marketing content see it as a great new platform, but the legal side of the business doesn't know how to react," Hurley says. "We have instances where someone within the company uploaded something, and the other side's asking you to take it down."

But YouTube isn't Napster. It already has partnerships with NBC, CBS, Universal Music, Sony BMG and Warner Music. And come on—it's the one place on the Net where people willingly, knowingly click on ads, like Nike's legendary clip of sharpshooting soccer star Ronaldinho. If you can't find money on YouTube, you're in the wrong economy, buddy.

YouTube is ultimately more interesting as a community and a culture, however, than as a cash cow. It's the fulfillment of the promise that Web 1.0 made 15 years ago. The way blogs made regular folks into journalists. YouTube makes them into celebrities. The real challenge old media face isn't protecting their precious copyrighted material. It's figuring out what to do when the rest of us make something better. As

Hurley puts it, "How do you stay relevant when people can entertain themselves?" He and his partners may have started YouTube, but the rest of us, in our basements and bedrooms, with our broadband and our webcams, invented it.

What happened? YouTube's creators had stumbled onto the intersection of three revolutions. First, the revolution in video production made possible by cheap camcorders and easy-to-use video software. Second, the social revolution that pundits and analysts have dubbed Web 2.0. It's exemplified by sites like MySpace, Wikipedia, Flickr and Digg—hybrids that are useful Web tools but also thriving communities where people create and share information together. The more people use them, the better they work, and more peo-



Mentos and Diet Coke



Tera Naomi is YouTube's reigning singer-songwriter



Waifish lonelygirl15 was outed as a professional actress



From electric cars to
lobster electrocutors,
it was a good year for
innovative ideas. Here
are some of our favorites

the best

BY ANITA HAMILTON, MARYANNE MURRAY SUECHNER, LEV GROSSMAN, JEREM



of the rest

BATTERIES INCLUDED

What goes from zero to 60 in 4 sec., tops out at more than 130 m.p.h., and appears to be missing a gas tank? The Tesla Roadster 100. It's pure California: a hot sports car that doubles as a statement against pollution and oil dependence. Its massive lithium-ion-battery array can power it for up to 250 miles of highway travel, and even though it will fatten your electricity bill, the Roadster is still twice as efficient as a Toyota Prius.

INVENTOR Tesla Motors

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WITTY WHEELS

A cross between a chopper, a compact and a UFO, the low-emission Clever car runs on compressed natural gas stored in two cylinders behind the passenger's seat and gets a dizzying 108 m.p.g. The three-wheeled, aluminum-framed

Clever turns like a dream thanks to computer-controlled cornering and hydraulics. And even though its engine is good for the earth, this two-seater has plenty of pep; it can cruise at speeds up to 80 m.p.h.

INVENTORS BMW, the University of Bath and several other European institutions

AVAILABILITY Prototype only
TO LEARN MORE clever-project.net



EASY RIDER

Here's a secret: you don't really need funky alternative fuels or an electric motor to trim your energy consumption on the road. Sometimes all it takes is a little ingenuity. A team of Canadian engineering students won the annual Super-mileage race in Michigan with its 80-lb. carbon-fiber Mark V, which can travel 3,145 miles on a single gallon of gas. That's thanks to details like a curved underbody, an ultra-fuel-efficient 54-cc engine and a driver who understands why the turtle beat the hare. The catch? You have to drive lying down, and the windows don't open.

INVENTOR University of British Columbia Supermileage Team

AVAILABILITY Prototype only

TO LEARN MORE supermileage.ca



road tested

START YOUR ENGINE

What do you do if your car battery goes kaput in a storm, and you don't have jumper cables or roadside assistance? With Black & Decker's Simple Start you can get rolling again without getting wet. The self-contained battery booster plugs into the 12-volt accessory outlet and will restart your car in about 10 minutes. The device beeps when your car battery is charged, and the LED area light lets you read while you wait. Schumacher Electric has a new E-Charge Emergency Car Starter that works similarly, but we prefer the Simple Start for its slick design.

INVENTOR Black & Decker

AVAILABILITY Now; \$60

TO LEARN MORE blackanddecker.com



fantastic voyage

SUN STROKES

Late this month the sun21 catamaran will leave Seville, Spain, bound for Miami and then New York City just to prove that solar power can take you that far. The 46-ft. vessel has no sails or gas tank, only two electric motors that run on batteries charged by photovoltaic cells. By day, rooftop solar panels generate more power than the boat consumes. The extra energy is stored to keep things moving after sundown. How fast does it go? About 5 to 6 knots, same as most yachts. A Swiss crew of five will attempt the record-breaking five-month, 7,000-mile trip to spread the word about the wonders of renewable energy.

INVENTOR MW-Line
AVAILABILITY One of a kind
TO LEARN MORE
transatlantic21.ch



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get moving



FLIPPER'S FUNNY FRIEND

The Innespace Sea Breacher is designed to jump, dive, roll and rocket across water at upwards of 30 m.p.h. on a 175-h.p. rotary engine. The two-seat, 16-ft.-long underwater vehicle uses the canopy of a retired F-22 Raptor. It's Innespace's second effort (a one-seater debuted last year) modeled after the Noland 1, the original dolphin-like submersible built by Tom Rowe in 1992. Joystick controllers work the mechanical fins, and foot pedals operate the tail. Extra-large windows treat passengers to a panoramic view.

INVENTORS Rob Innes and Dan Piazza
AVAILABILITY Spring 2007; for

exhibitions and racing only

TO LEARN MORE
innespace.com

HYDROGEN BOMBER

It may be years before you can buy a Chevy powered by hydrogen fuel cells. Tired of waiting, Shanghai-based Horizon Fuel Cell Technologies decided to design and market the H-racer, a 6-in.-long toy car that does what Detroit still can't. It runs on hydrogen extracted from plain tap water using the solar powered Hydrogen Station, below, and can travel more than 300 ft. in a single fuel-up. The car's miniature scale gives it one advantage over full-size prototypes: since it uses only a trace amount of flammable hydrogen, there's no risk of it pulling a Hindenburg in your living room.

INVENTOR Horizon Fuel Cell
AVAILABILITY Now; \$115
TO LEARN MORE horizonfuelcell.com



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AIR MATTRESS

Your eyes do not deceive you: that sleek slab levitating in midair is in fact a bed, and it is floating unsupported—though lightly tethered at its four corners—16 in. above the floor. The hovering bed is the daydream of a Dutch designer who says he was inspired by the monolith in the movie *2001: A Space Odyssey*. Its secret is a matching set of repelling magnets, built into the bed and the floor below, that's powerful enough to support almost 2,000 lbs. The magnetic fields are supposed to be perfectly safe for sleepers, but you're advised to take off your earnings before vacuuming underneath.

INVENTOR Janjaap Ruijsenaars **AVAILABILITY** Now; \$1.5 million
TO LEARN MORE universearchitecture.com

CATCH MY DRIFT

Snow is nice to look at and fun to romp in, but snow removal is a pain. Snowblowers are noisy and bad for the environment, and shoveling the stuff can send you right into cardiac arrest. An estimated 72,000 emergency-room visits each year are attributed to snow-removal injuries. Enter the Wovel, a new kind of shovel built on a 36-in. wheel. It works like a seesaw: pushing down on the handle at one end raises the blade at the other and sends your scoops flying. The Wovel, which comes with a chipper plate for ice removal, takes the heavy lifting out of shoveling, leaving more time for fun.

INVENTOR Mark Noonan
AVAILABILITY Now; \$120
TO LEARN MORE wovel.com



FINDER OF LOST GLOVES

For years, people prayed to St. Anthony for help finding misplaced items. Now you can attach radio-frequency-emitting tags to your most losable possessions. When something is missing, fire up the Loc8tor, and it points you in the right direction—not just left or right, but up or down too. It homes in to within an inch of your item, while the tag itself emits helpful beeps. The only thing the system can't do is locate the Loc8tor itself. For that you still need St. Anthony.

INVENTOR Loc8tor
AVAILABILITY Now; \$190
TO LEARN MORE loc8tor.com





1 A GREAT PAIR OF LEGS

You've scorched your last dress shirt. When you let go of the Oliso steam iron, it automatically lifts itself to stand about an inch above the board. To resume ironing, just touch it again, and the legs gently retract. This little trick is triggered by sensors located in the patented "smart touch" handle. Leave the iron face down for longer than eight minutes, and it shuts itself off.

INVENTOR Oliso **AVAILABILITY** Now; \$90
TO LEARN MORE oliso.com



home stretch

2 FLASH FORWARD

It looks like an ordinary laptop, but it's not. Unlike virtually every other PC in existence, Samsung's Q30 laptop doesn't have a hard drive; instead, it's built around 32 GB of flash memory, the solid-state stuff we're more used to seeing in digital cameras and iPod nanos. With no hard drive to slow it down, the Q30 boots up faster, resists shocks better, runs quieter and uses less power.

INVENTOR Samsung
AVAILABILITY Only in Korea; \$3,700
TO LEARN MORE samsung.com



   **SOLAR SKIN**

Imagine a solar panel so thin it can't exist apart from the building material it's printed on. HelioVolt didn't invent copper indium gallium selenide, a thin film used to generate electricity from sunlight, but it did develop a faster, more cost-effective way to manufacture it for use in large commercial spaces. The new process involves printing a fine layer of semiconductor directly onto glass, metal and other building materials so that new skyscrapers can go up solar-power-ready from day one.

INVENTOR HelioVolt **AVAILABILITY** 2008
TO LEARN MORE www.heliovolt.com



THE LAMP CLOSES WHEN POWER USE IS HIGH

 **POWER FLOWER**

Can a lamp change the way you live? This elegant flower-shaped light harbors an eco-friendly secret: it monitors the overall energy usage in your household. When it senses that power consumption is low, it rewards you by blooming—its metal petals unfold attractively. If you start draining too much electricity, it closes up again. The flower lamp was created by a Swedish consortium called Static! that explores ways of using design to increase energy awareness and promote greener lifestyles.

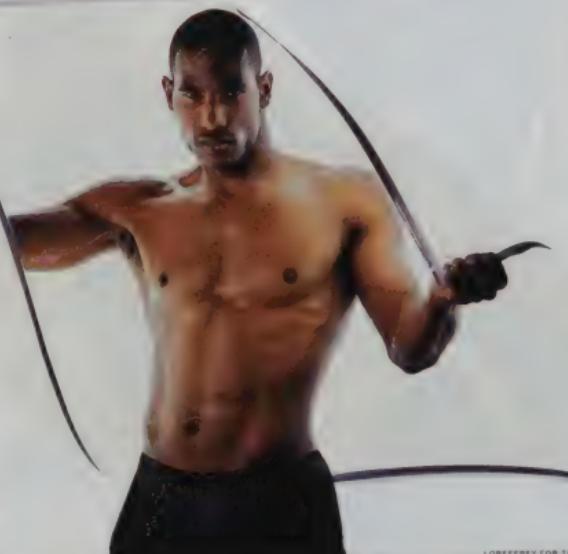
INVENTOR Static! **AVAILABILITY** Not for sale
TO LEARN MORE www.ti.se/static

bright ideas

   **IT'S A WRAP**

CeeLife's paper-thin, flexible lightbulbs can go virtually anywhere: around a pillar, on the floor, even around Chad Smith's drum set during the Red Hot Chili Peppers' recent appearance on *Saturday Night Live*. The light-emitting capacitors (LECs) are essentially 1-mm-thick sheets of plastic. Inside is a layer of phosphor that when hit with an alternating current, shines bright white (not bluish like other electroluminescent light). The LECs illuminate surfaces evenly but can also be programmed to dim, fade or flash on contact.

INVENTOR CeeLife
AVAILABILITY Now
TO LEARN MORE ceelife.com



Can something with wheels be considered sure-footed?



*Hyundai Assurance. See dealer for LIMITED WARRANTY details. **MSRP for base model with manual transmission. Production tribute late 2006. I limited model shown, \$27,545. MSRP includes freight, excludes taxes, title, license, and options. Dealer price may vary. ©2006 Hyundai Motor America.

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S A N T A F E

TheNewSantaFe.com

EAT YOUR COFFEE

Spanish culinary mastermind Ferran Adrià is famous for tinkering with food at the molecular level to produce wonders like liquid ravioli and frozen Parmesan air. His latest gastronovelt: solid espresso, dubbed *espesso*. It's made by combining regular espresso with sugar and a secret ingredient, then squirting it out of a canister like whipped cream. You eat it with a spoon. The mousse-like treat arrived in the U.S. in September, and is available in espresso, cappuccino and macchiato flavors. —Reported by Wendy Cole

INVENTOR Ferran Adrià
AVAILABILITY At Lavazza in Chicago; \$2.49
TO LEARN MORE lavazza.com



THE MIX MASTER

Most commercial ice cream machines dispense pre-frozen desserts. The MooBella makes its treats on the spot, storing milk, sugar and other natural ingredients in sterile, airtight containers (think Parmalat). Key in an order your choice of flavor, premium or light—and it mixes, flash-freezes, aerates, then serves fresh ice cream, all in about 45 seconds. How does it taste? Our tester gave the coffee with M&M's (mix-ins are optional) an enthusiastic thumbs up, murmuring "excellent" and "really, really fresh" between mouthfuls.

INVENTOR MooBella
AVAILABILITY Two machines operating in Boston; \$2 to \$3 for a 4.5-oz. scoop
TO LEARN MORE mocabella.com

CLEAN MACHINE

In the wake of the spinach scare, even the friendliest food can seem like a biological hazard, and scrubbing alone won't necessarily wipe out pesticides or bacteria. The Lotus Sanitizing System turns ordinary tap water into superoxygenated water that kills microbes and removes toxins. The machine uses an electrical charge to infuse the tap water with ozone, which sounds scarier than it is—it just means the water carries a form of oxygen that acts as a natural sanitizer.

INVENTOR Tersano
AVAILABILITY Now; \$200
TO LEARN MORE tersano.com





the future of food



JUST CLAWS

You already drink organic milk, buy free-range chicken and shun foie gras. But have you assessed your seafood-eating habits? After watching a lobster thrash about as it was boiled alive at a grocery store, a British barmster devised a kinder way to kill crustaceans. His CrustaStun electrocutes them with a 110-volt shock, dispatching them in about five seconds, vs. the two minutes it takes in hot water. A commercial version is already being used by a pair of seafood wholesalers in Britain. A smaller, home version—measuring about 1.5 feet in width and depth—will be out by year's end.

INVENTOR Simon Buckhaven
AVAILABILITY December; \$4,740
TO LEARN MORE crustastun.com





SCALE MODEL

The fish-scale pattern on the back of Nike's Sphere Macro React tennis dress—Maria Sharapova's attire of choice at the 2006 U.S. Open—is more than just decoration. As you perspire, the flaps of fabric swing open to release heat and moisture, so you stay cool and dry. A light and stretchy mesh lining keeps the polyester-spandex material from sticking to your skin. Sharapova wasn't Nike's only model: Roger Federer wore a Macro React crew shirt at Wimbledon.

INVENTOR Nike

AVAILABILITY Now; tennis dress, \$60 and up; crew shirt, \$45

TO LEARN MORE nike.com

AMAZING EMBRACE

Remember when PDA stood for something other than personal digital assistant? It can again with the Hug Shirt, a high-tech garment that simulates the experience of being embraced by a loved one. When a friend sends you a virtual hug, your cell phone notifies the shirt wirelessly, via Bluetooth. The shirt then re-creates that person's distinctive cuddle, replicating his or her warmth, pressure, duration and even heartbeat. And, yes, the Hug Shirt is fully washable.

INVENTOR CuteCircuit

AVAILABILITY Not yet for sale

TO LEARN MORE cutecircuit.com

clothes encounters

HUG SHIRT: LORETTA FREY FOR TIME



DRIP PATROL

Umbrellas are supposed to keep the water out, but those \$5 throwaway models will soak through in a downpour, and even the best umbrellas drip annoyingly when you bring them indoors. Here's a dryer, albeit pricier, alternative. The NanoNuno umbrella dries after a quick shake, so you don't have to park it outside the door on rainy days. The canopy's nanotech polyester surface is designed to repel water droplets, so they don't end up on you or your floor. Its inventors were inspired by the way moisture and dirt roll off the leaves of a lotus plant.

INVENTOR Pro-Idee

AVAILABILITY Now; \$95

TO LEARN MORE proidee.co.uk



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sticky fingers

LEAPIN' LIZARDS

Real geckos skitter up walls, thanks to millions of tiny hairs on the bottom of each toe. These hairs, called setae, cling fast as the creature pulls up, then gently detach when it's time to take the next step. Such was the inspiration for Stickybot, a mechanical lizard with its own adhesive feet. The hundreds of sharply tapered synthetic fibers that pad the bot's four appendages replicate the gecko's fancy footwork, including an elegant toe-curl release, to climb glass, tile or whiteboard at a rate of 4 cm/sec.

INVENTOR Sangbae Kim, Mark Cutkosky and team at Stanford University

AVAILABILITY Prototype only

WEIGHIN' IN 1.5 kg



LOW-DOSE HORMONE THERAPY MAY BE THE FINDING OUT STARTS WITH A FEW IMPORTANT



What is the most important information you should know about PREMPRO (a combination of estrogens and a progestin)?

- Do not use estrogens and progestins to prevent heart disease, heart attacks, strokes, or dementia.
- Using estrogens and progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots. Using estrogens, with or without progestins, may increase your risk of dementia, based on a study of women age 65 years or older. You and your health care provider should talk regularly about whether you still need treatment with PREMPRO.

PREMPRO is used after menopause in women with a uterus to reduce moderate to severe hot flashes, to treat moderate to

severe dryness, itching, and burning, in and around the vagina; and to help reduce your chances of getting osteoporosis (thin, weak bones).

PREMPRO should be used at the lowest effective dose and for the shortest duration consistent with your treatment goals and risks. If using PREMPRO only to treat your symptoms of vaginal dryness, consider topical therapies first. If you do not have symptoms, non-estrogen treatments should be carefully considered before taking PREMPRO solely for the prevention of postmenopausal osteoporosis. In a clinical trial, the most commonly reported (25%) side effects that occurred more frequently with PREMPRO 0.45 mg/1.5 mg and PREMPRO 0.625 mg/2.5 mg than with placebo were breast pain/enlargement, vaginitis due to yeast or other causes, leg cramps, vaginal

ANSWER TO YOUR HOT FLASHES, QUESTIONS.

Finding out whether low-dose hormone therapy may be right for you starts with knowing some of the questions to ask. Questions about your family history and your medical background. The kind of questions that can help you and your doctor determine if PREMPRO may be right for you.

For many women, it is. PREMPRO is the #1 prescribed hormone treatment for moderate to severe menopausal symptoms. And it's supported by more than 10 years of clinical experience. Plus, with 52% less estrogen and 40% less progestin than before,* PREMPRO now offers flexible, low-dose options.

PREMPRO is also proven to help protect against the bone loss associated with osteoporosis. PREMPRO does not have to be taken for the rest of your life. And in clinical trials, it did not cause weight gain when compared with placebo.

If you're experiencing hot flashes, night sweats, and vaginal dryness, take a moment to answer the questions on this page. Then, discuss them with your doctor. And together you can decide if – like so many other women – PREMPRO may be right for you.

* PREMPRO 0.3 mg/1.5 mg compared with PREMPRO 0.625 mg/2.5 mg

PREMPRO MAY NOT BE RIGHT FOR EVERYONE.

Here are some questions to help you and your doctor start the discussion to determine if PREMPRO may be right for you.

DOCTOR DISCUSSION GUIDE

1. Are you experiencing: a.) hot flashes?
b.) night sweats? c.) vaginal dryness?
2. Are your symptoms disrupting:
a.) your day? b.) your night's sleep?
3. Do you have a family history of:
a.) breast cancer? b.) heart disease?
c.) stroke? d.) blood clots?

Only your doctor can decide if PREMPRO may be right for you. So make an appointment and take these questions with you. Discussing them with your doctor can help you make an informed decision.

 Clip out and take with you to your next doctor's visit.

spotting/bleeding, and painful menstruation. In a clinical trial, there was no difference in the commonly reported (≥5%) side effects for women taking PREMPRO 0.3 mg/1.5 mg compared to those taking placebo.

PREMPRO should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack in the past year, have or had blood clots, have liver problems, are allergic to any of the ingredients in PREMPRO, or think you may be pregnant.

Please see the Patient Information on the following page.

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ASK YOUR DOCTOR ABOUT PREMPRO,
THE #1 PRESCRIBED HORMONE THERAPY.
FOR MORE INFORMATION VISIT
WWW.PREMPRO.COM

PREMPROTM
(conjugated estrogens/medroxyprogesterone acetate tablets)

0.3 mg / 1.5 mg

PATIENT INFORMATION

PREMPRO™

(conjugated estrogens/medroxyprogesterone acetate tablets)

If only

Read this PATIENT INFORMATION before you start taking PREMPRO and read what you get each time you refill PREMPRO. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about PREMPRO (combination of estrogens and a progestin)?

Do not use estrogens and progestins to prevent heart disease, heart attacks, strokes, or dementia. Using estrogens and progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots. Using estrogens, with or without progestins, may increase your risk of dementia, based on a study of women age 65 years or older. You and your healthcare provider should talk regularly about whether you still need treatment with PREMPRO.

What is PREMPRO?

PREMPRO is a medicine that contains two kinds of hormones, estrogens and a progestin.

PREMPRO is used after menopause to:

- reduce moderate to severe hot flashes. Estrogens are hormones made by a woman's ovaries. The ovaries normally stop making estrogens when a woman is between 45 and 55 years old. This drop in body estrogen levels causes the "change of life" or menopause (the end of monthly menstrual periods). Sometimes, both ovaries are removed during an operation (before natural menopause takes place). The sudden drop in estrogen levels causes "surgical menopause."

When the estrogen levels begin dropping, some women get very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden strong feelings of heat and sweating ("hot flashes"). In some women the symptoms are mild, and they will not need to take estrogen. In other women, symptoms can be more severe. You and your healthcare provider should talk regularly about whether you still need treatment with PREMPRO.

- treat moderate to severe dryness, itching, and burning, in and around the vagina. You and your healthcare provider should talk regularly about whether you still need treatment with PREMPRO to control these problems. If you use PREMPRO only to treat your dryness, itching, and burning in and around your vagina, talk with your healthcare provider about whether a topical vaginal product would be better for you.

- help reduce your chances of getting osteoporosis (thin weak bones). Osteoporosis from menopause is a thinning of the bones that makes them weaker and easier to break. If you use PREMPRO only to prevent osteoporosis from menopause, talk with your healthcare provider about whether a different treatment or medicine without estrogens might be better for you. You and your healthcare provider should talk regularly about whether you should continue with PREMPRO.

Weight-bearing exercise, like walking or running, and taking calcium and vitamin D supplements may also lower your chances of getting postmenopausal osteoporosis. It is important to talk about exercise and supplements with your healthcare provider before starting them.

Who should not take PREMPRO?

Do not take PREMPRO if you have had your uterus removed (hysterectomy).

PREMPRO contains a progestin to decrease the chances of getting cancer of the uterus. If you do not have a uterus, you do not need a progestin and you should not take PREMPRO.

Do not start taking PREMPRO if you:

- have unusual vaginal bleeding.
- currently have or have had certain cancers. Estrogens may increase the chances of getting certain types of cancers, including cancer of the breast or uterus. If you have or had cancer, talk with your healthcare provider about whether you should take PREMPRO.
- had a stroke or heart attack in the past year.
- currently have or have had blood clots.
- currently have liver problems.
- are allergic to PREMPRO or any of its ingredients. See the end of this leaflet for a list of all the ingredients in PREMPRO.
- think you may be pregnant.

Tell your healthcare provider:

- if you are breastfeeding. The hormones in PREMPRO can pass into your milk.
- about all of your medical problems. Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), migraine, endometriosis, lupus, problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMPRO works. PREMPRO may also affect how your other medicines work.
- if you are going to have surgery or will be on bedrest. You may need to stop taking estrogens and progestins.

How should I take PREMPRO?

- Take one PREMPRO tablet at the same time each day.
- If you miss a dose, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your normal schedule. Do not take 2 doses at the same time.
- Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMPRO.

What are the possible side effects of PREMPRO?

Less common but serious side effects include:

- Breast cancer
- Blood clots
- Dementia
- Stroke
- Gallbladder disease
- Heart attack
- Ovarian cancer

These are some of the warning signs of serious side effects:

- Breast lumps
- Changes in speech
- Shortness of breath
- Unusual vaginal bleeding
- Severe headaches
- Faints in your legs
- Dizziness and faintness
- Chest pain
- Changes in vision
- Vomiting

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Common side effects include:

- Headache
- Nausea and vomiting
- Breast pain
- Liver problems
- High blood sugar
- Irregular vaginal bleeding or spotting
- Stomach/abdominal cramps/bloating

Other side effects include:

- High blood pressure
- Vaginal yeast infection
- Enlargement of benign tumors of the uterus ("fibroids")
- Fluid retention

These are not all the possible side effects of PREMPRO. For more information, ask your healthcare provider or pharmacist.

What can I do to lower my chances of getting a serious side effect with PREMPRO?

- Talk with your healthcare provider regularly about whether you should continue taking PREMPRO.
- See your healthcare provider right away if you get vaginal bleeding while taking PREMPRO.
- Have a breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often.
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances of getting heart attacks.

General information about the safe and effective use of PREMPRO

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not take PREMPRO for conditions for which it was not prescribed. Do not give PREMPRO to other people, even if they have the same symptoms you have. It may harm them.

Keep PREMPRO out of the reach of children.

This leaflet provides a summary of the most important information about PREMPRO. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMPRO that is written for health professionals. You can get more information by calling the toll free number 800-934-5556.

What are the ingredients in PREMPRO?

PREMPRO contains the same conjugated estrogens found in Premarin which are a mixture of sodium estrone sulfate and sodium equin sulfate and other components including sodium sulfate conjugates, 17 α -dihydroequin, 17 α -estradiol and 17 β -dihydroequin. PREMPRO also contains ethinodiol 1.5, 2.5, or 5 mg of medroxyprogesterone acetate. PREMPRO also contains calcium phosphate tribasic, calcium sulfate, canola wax, cellulose, glycerol monostearate, lactose, magnesium stearate, methylcellulose, pharmaceutical grade, polyethylene glycol, sucrose, povidone, titanium dioxide, black iron oxide, and yellow ferric oxide or red ferric oxide or FD&C Blue No. 2.

PREMPRO therapy consists of a single tablet to be taken once daily.

PREMPRO 0.3 mg/1.5 mg

Each carbon includes 3 EZ DIAL[®] dispensers containing 28 tablets. One EZ DIAL dispenser contains 28 oval, cream tablets containing 0.3 mg of the conjugated estrogens found in Premarin tablets and 1.5 mg of medroxyprogesterone acetate for oral administration.

PREMPRO 0.45 mg/1.5 mg

Each carbon includes 3 EZ DIAL dispensers containing 28 tablets. One EZ DIAL dispenser contains 28 oval, gold tablets containing 0.45 mg of the conjugated estrogens found in Premarin tablets and 1.5 mg of medroxyprogesterone acetate for oral administration.

PREMPRO 0.625 mg/2.5 mg

Each carbon includes 3 EZ DIAL dispensers containing 28 tablets. One EZ DIAL dispenser contains 28 oval, peach tablets containing 0.625 mg of the conjugated estrogens found in Premarin tablets and 2.5 mg of medroxyprogesterone acetate for oral administration.

PREMPRO 0.625 mg/5 mg

Each carbon includes 3 EZ DIAL dispensers containing 28 tablets. One EZ DIAL dispenser contains 28 oval, light-blue tablets containing 0.625 mg of the conjugated estrogens found in Premarin tablets and 5 mg of medroxyprogesterone acetate for oral administration.

The appearance of PREMPRO tablets is a trademark of Wyeth Pharmaceuticals.

The appearance of Premarin tablets is a trademark of Wyeth Pharmaceuticals. The appearance of the conjugated estrogens/medroxyprogesterone acetate combination tablets is a registered trademark.

Store at 20° - 25°C (68° - 77°F); excursions permitted to 15° - 30°C (59° - 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.wyeth.com or call our medical communications department toll-free at 1-800-934-5556.

Wyeth[®]

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W10408P014
122161-01

"This sleek, compact music maker couldn't be easier to operate... an extraordinary performer."

— Jonathan Takiff,
Philadelphia Daily News

"Turn it up, close your eyes and you'll think you're listening to a... sound system that costs five times more."

— *Forbes FYI*

"The sound that came out of this little thing was unbelievable. A marvel of technology."

— David Novak,
The Gazette (Quebec)

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The Bose® Wave® music system and Multi-CD Changer. Give that special someone the acclaimed Wave® music system and see them smile. Give it together with the Multi-CD Changer for hours of uninterrupted music, and watch that smile grow.

Premium sound quality makes it a great gift. The Wave® music system brings new life to music. Advanced Bose technology produces what *Audio/Video International* calls "deeper bass and more accurate reproduction of the sound of musical instruments." The result is realism that more closely reproduces the magic of a live performance. And sound quality that we welcome you to compare to larger, conventional systems costing much more.

Multi-CD Changer makes it even more appreciated. Designed exclusively for the Wave® music system, the optional Multi-CD Changer allows you to enjoy convincingly accurate sound for hours on end. One CD or MP3 CD goes in the Wave® music system, and three more go in the changer. They work as one. What's more, a credit card-style remote easily operates every feature, including the FM/AM



digital tuner, clock and alarm. It's all-in-one convenience from a system that provides an elegant addition to the living room, kitchen, bedroom or office.

Take advantage of our 30-day, risk-free trial. Use our Excitement Guarantee to experience the performance for 30 days. When you call, be sure to ask about making **12 easy payments**, with no interest charges from Bose. Order the Wave® music system today. Better yet, order it with our Multi-CD Changer by December 31, 2006, and save \$50. They're the gifts that make special occasions even more special.

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December 31, 2006.**



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SAUVIGNON BOT

This squat robot with a swiveling head can "taste" wine using infrared light sensors and a spectrometer in its left arm. When trained, it can analyze the chemical composition of the liquid inside to determine type, brand and flavor and then suggest a complementary cheese (it relays the info by speaking in a high-pitched voice). NEC's mechanical sommelier is the latest robot with an "optical tongue" to emerge from the company's research lab in Tokyo; the first, PaPeRo, unveiled last year, identifies ingredients in food.

INVENTOR NEC System Technologies and Mie University
AVAILABILITY Prototype only **TO LEARN MORE** necst.co.jp

BODY DOUBLE

Some robots do cool tricks; others just look cool. At the annual China Robot Expo in Beijing in October, Zou Ren Ti, founder of the Xi'an Superman Sculpture Research Council, unveiled the third edition of a robot his team is developing that is supposed to look exactly like himself. While the mechanical Zou Ren Ti (named after the inventor, of course) can move its face and speak, its most impressive feature is its skin, which is made of silica gel and looks so lifelike that some expo attendees couldn't tell the real Zou from his double. Can you? (Hint: The bot looks a little happier than the man.)

INVENTOR Xi'an Superman Sculpture Research Council
AVAILABILITY Not for sale



they, robot

HOSPITAL HELPER

Someday, robots could replace humans as nurse's aides, but first they will need a little sensitivity training. Japan's Ri-Man is headed in the right direction. With sensors that enable it to see, smell and hear its environment, it also has some 320 pressure points on its arms and chest that allow it to sense the exact position of whatever it's holding. The bot can lift 80 lbs. today, but researchers hope to strengthen the motors in Ri-Man's arms without increasing their size, so they still resemble those of a man, not a monster.

INVENTOR Bio-mimetic Control Research Center at the Institute of Physical and Chemical Research
AVAILABILITY Not for sale
TO LEARN MORE www.bmc.riken.jp/~RI-MAN/index_us.html



ROBOBIKE

He's a scrappy guy, weighing in at just 11 lbs., and standing only 20 in. tall, but Murata Boy does something that no other robot can: ride a bike. Thanks to gyro sensors in his body and a camera in his head, not only can he keep himself upright, but he can also peer ahead to make sure he rides in a straight line. An ultrasonic sensor in his chest keeps him from plowing into walls, and wireless technology allows him to communicate with a PC for navigating complex routes. And if the road gets bumpy, a shock sensor detects the vibration so that he can stabilize his body and stay on the seat.

INVENTOR Murata Manufacturing Co.

AVAILABILITY Not for sale

TO LEARN MORE murataboy.com/en



TALKING HEAD

Your life may not be a fairy tale, but you can make it a little more like one with your very own magic mirror. Created by a Hollywood special-effects expert, the mirror is designed to be integrated with your home-security and home-automation networks (if you're lucky enough to have either of those). It looks like an ordinary mirror most of the time, but when it's activated, an ethereal face appears on its surface, and it makes timely pronouncements—that a car has arrived in your driveway, for example, or that the Jacuzzi is warm—in the voice of a snooty English butler. Just don't ask it, Who's the fairest of them all?

INVENTOR Craig Barr

AVAILABILITY Now; \$19,995

TO LEARN MORE themeaddicts.com



THE DOTTING DINOSAUR

Lots of robot toys look like real animals, but they can't walk the walk. Pleo, which is modeled after a baby camarasaurus (a plant-eating dinosaur), aims to be more lifelike. When it walks, its whole body sways. It's equipped with more than three dozen touch, sound, light and tilt sensors, and it even has moods. Ignore Pleo, and it will get depressed and sleep all day. Give it some TLC, and it will wag its tail when you get home and purr like a cat. O.K., maybe it's confused about which animal it's supposed to be—but it's sure got (a mechanical) heart.

INVENTOR Ugobe

AVAILABILITY 2007; \$250

TO LEARN MORE ugobe.com



tech toys

IN THE DRIVER'S SEAT

NASCAR fans who made it to the track this year got to kick the action up a notch with a new gadget that shows even more live, in-car video than the couch potatoes get back home on TV. Dedicated racegoers have long used handheld scanners to listen in on conversations between drivers and their pit crews, but FanView adds audio and video to the mix, using feeds from seven different cameras and microphones inside selected cars.

INVENTOR Sprint Nextel, NASCAR and Kangaroo.TV

AVAILABILITY Now; \$50 a day or \$70 for the weekend

TO LEARN MORE www.nextel.com/nextelcup



**The 4WD it. Why should
mountain goats have all the fun?**

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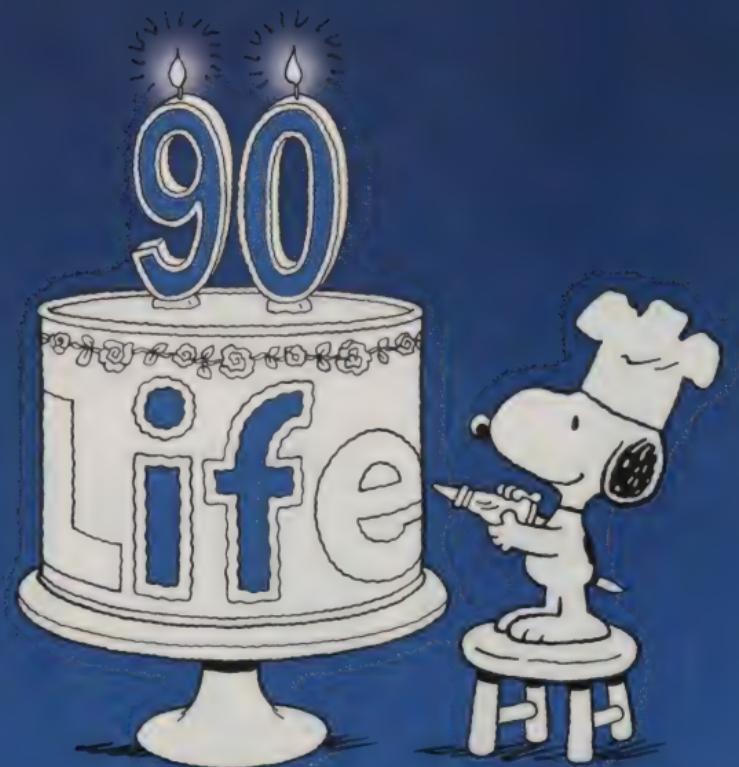
global vision



IN THE ROUND

With the lights on, it's just a 50-lb. ball coated with white house paint. But in the dark, Science on a Sphere represents a new way of viewing the world. Developed by the National Oceanic and Atmospheric Administration, the technology, which uses four projectors, could initially beam only basic pictures of planets. But researchers at NASA figured out a way to use full-motion video to create a mind-bending, cinema-in-the-round experience. Their first effort is a 16-min. film, *Footprints*, which depicts spinning hurricanes and zooming cars. Just imagine what they'll do with the next episode of *Star Wars*.

INVENTOR NASA, Honolulu
AWARD GRANT: \$1.75 million
TO 10 U.S. science centers
WEBSITE www.sos.noaa.gov



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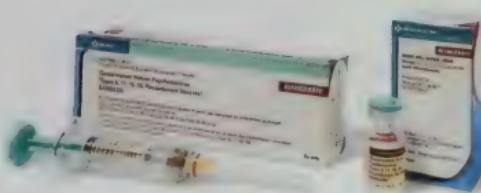
GOOD FOR GIRLS

Parents who have a hard time talking to their kids about sex should have no problem explaining why a new vaccine to prevent cervical cancer is a must. Designed to immunize adolescents against the sexually transmitted human papillomavirus, a major risk factor for cervical cancer, Gardasil could help save the lives of the estimated 3,700 women nationwide who die of cervical cancer each year. Available for girls ages 9 and up, the three-shot regimen is best taken before the onset of sexual activity—giving parents plenty of time to initiate “the talk.”

INVENTOR Merck

AVAILABILITY Now; \$360

TO LEARN MORE gardasil.com



BRIGHT IDEA

Identifying drunk drivers could get a lot quicker and easier after a new infrared alcohol test—developed by an Albuquerque, N.M., start-up—is launched next year. Using the fact that body tissue with alcohol in it absorbs more light than normal tissue, the device detects alcohol levels by shining infrared light on the subject's skin and analyzing tissue based on how it reflects that light. The test (which doesn't have an official name yet) takes 60 sec. to produce results vs. 20 min. for a Breathalyzer test and days for a standard blood test.

INVENTOR TruTouch Technologies

AVAILABILITY January 2007

TO LEARN MORE

trutouchtechnologies.com

THE RAINMAKER

The science-fiction writer Arthur C. Clarke once wrote that “any sufficiently advanced technology is indistinguishable from magic.” Case in point: this water-harvesting machine, which can pull up to 500 gal. of drinkable water per day out of thin air. Its precise workings aren’t public, but they use a chemical process similar to the one that causes salt to absorb moisture from the air (and clump up your saltshaker). The water machine isn’t particularly portable—it’s 20 ft. long—but it will be a godsend for disaster victims or troops in desert combat.

INVENTOR Aqua Sciences

AVAILABILITY Now; about \$300,000

TO LEARN MORE aqua-sciences.com



MEOW, NO ACHOOS

Love cats but your nose doesn’t? A San Diego company is breeding felines that are naturally hypoallergenic. Most cats produce a protein in their saliva that can trigger an allergic reaction in humans; some breeds, like the Siamese, produce less of it than others. But in Allerca’s mixed-breed (not genetically engineered) cats, the protein is virtually undetectable. Allerca tests each cat and offers a one-year money-back guarantee. Demand is high: there’s already a 15-month wait for the sniffle-proof kitties.

INVENTOR Allerca

AVAILABILITY 2007; \$3,950

TO LEARN MORE allerca.com



family practice



SELF-HELP

Stroke patients who have lost strength and sensation in one arm could get a boost from Realive, a robotic suit that uses the movement of the healthy limb to help rehabilitate the damaged one. When a patient bends the unaffected arm, sensors detect the activity and send signals to rubber muscles wrapped around the other limb, which then mimics the healthy arm's motions. Inspired by studies showing that simply using damaged limbs can speed recovery by stimulating nerve cells, the device can also help motivate stroke victims to stay on track with physical therapy.

INVENTOR Panasonic
AVAILABILITY By 2011



JUN TAKAGI FOR TIME



BREEZY ALTERNATIVE

Wind is a wonderfully renewable source of energy, but until now ordinary consumers who wanted to live off of—or contribute to—the electrical grid had no way to capture it. That's where the Skystream 3.7 comes in. It's a wind turbine designed especially for home use. Installed on a 35-ft. tower, it connects to standard utility hookups and starts turning in breezes as low as 8 m.p.h. It can provide up to 80% of the average household's electricity and shave \$600 or more off annual utility costs.

INVENTOR Southwest Power

AVAILABILITY Now; about \$10,000, including installation

TO LEARN MORE skystreamenergy.com



wind & water



POOL SHARK

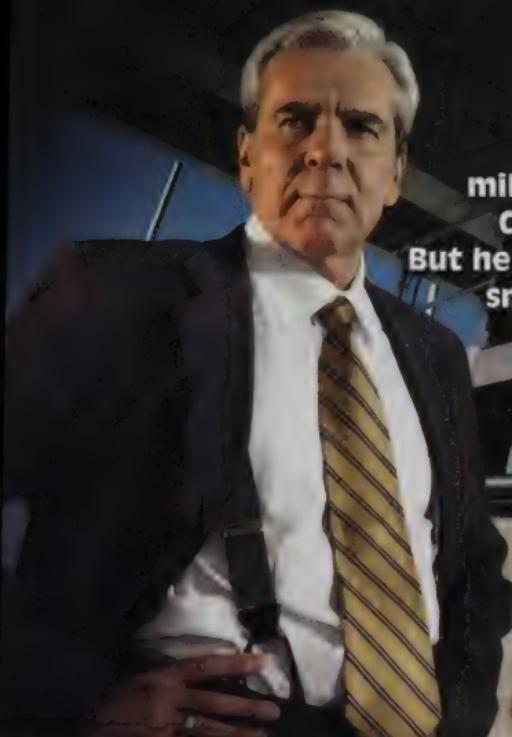
So you're lying on your pool lounger one day when you spy a hottie over by the deep end. Sure, you could roll off your raft and swim over, but wouldn't it be smoother to point your lounger in the right direction and just float on by? The battery-operated Motorized Inflatable Pool Lounger is powered by two propellers that move you forward, back, left or right when you maneuver the joystick mounted on each armrest in the appropriate direction. Just try not to tip over your tequila sunrise.

INVENTOR Shane Samole

AVAILABILITY Now; \$150

TO LEARN MORE

excalibrelectronics.net



Delivering the news to
millions of readers every day.
Carl is a formidable man.
But he was no match for something
smaller than a drop of ink.

A CLOT.

Clots are the number one cause of heart attack and stroke, but you can help reduce your risk.

This is important information if you've been hospitalized with heart-related chest pain or a certain type of heart attack.

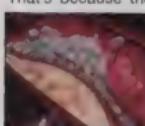
That's because these conditions, known as Acute Coronary Syndrome—or ACS—are usually caused when blood platelets stick together and form clots that block blood flow to your heart. And if you've already had a clot, you're at an increased risk for a future heart attack or stroke.

IMPORTANT INFORMATION: If you have a stomach ulcer or other condition that causes bleeding, you shouldn't use PLAVIX. When taking PLAVIX alone or with some medicines including aspirin, the risk of bleeding may increase. To minimize this risk, talk to your doctor before taking aspirin or other medicines with PLAVIX. Additional rare but serious side effects could occur.

Talk to your doctor today to learn more about PLAVIX.
Or visit www.plavix.com or call 1.888.547.4054.

See important product information on the following page.

PLAVIX, in combination with aspirin, helps provide greater protection against a future heart attack or stroke than aspirin alone. PLAVIX, taken with aspirin, plays its own role in helping reduce your risk of heart attack and stroke. That's because, unlike your cholesterol and blood pressure medications, prescription PLAVIX works to help keep blood platelets from sticking together and forming clots.



ONCE-A-DAY
Plavix
(clopidogrel bisulfate) 75 mg tablets

BECAUSE YOU'RE NO MATCH FOR A DANGEROUS CLOT.





LIFELINE

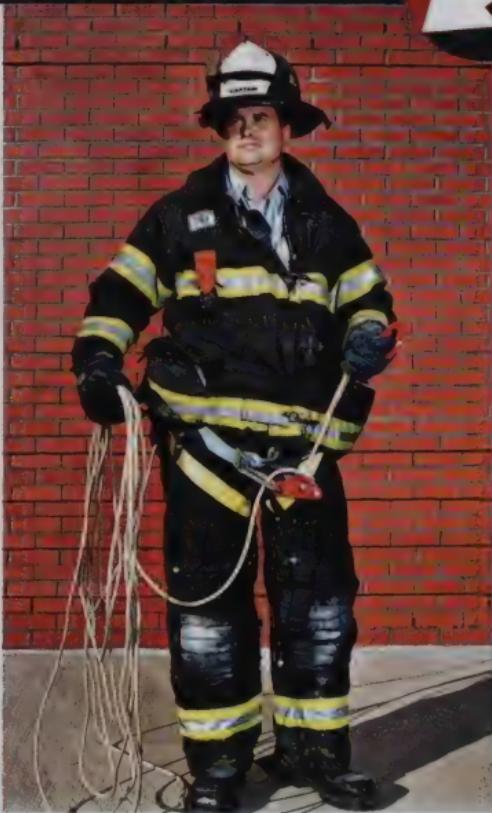
After two New York City firefighters jumped to their deaths from a burning building in January 2005, the FDNY set out to design a safety device to keep that from ever happening again. Result: a compact, light-

weight (6 lbs. including harness) personal safety system that's easy to carry and made for a quick escape. The unit's forged-steel hook can penetrate brick, if necessary, to allow a firefighter to anchor himself before heading out the window.

The 50-ft. rope is fire resistant up to 1100°F, but the real innovation is the patented lever mechanism that allows the user to control the speed of descent.

INVENTOR FDNY
AVAILABILITY Now

safety first



ANDREW HETHERINGTON / REDUX FOR TIME



FINGER SAVER

The spinning teeth on a table-saw blade move at about 120 m.p.h. This makes them very useful for cutting wood; unfortunately, they're also very good at cutting fingers. This table saw comes equipped with new sensor technology that can tell when the blade comes in contact with soft human flesh. Within a few milliseconds the saw blade stops and drops below the cutting surface, so that any errant digits come away with just a nick. Horror movie averted.

INVENTOR SawStop
AVAILABILITY Now: \$2,799
TO LEARN MORE sawstop.com

Transformer

The Battlefield Extraction-Assist Robot (BEAR), developed for military search-and-rescue missions, has hydraulic arms that can support injured soldiers weighing up to 400 lbs. (more than most troopers in full gear) and a system of wheels, tracks and joints that enable it to maneuver in all sorts of positions. It can balance on its back wheels to climb up a steep hill or roll over rough terrain while staying low to the ground. For now the BEAR needs a human to drive it via remote control, but a more autonomous version is in the works.

INVENTOR Vecna Technologies
AVAILABILITY Field-ready by 2010
TO LEARN MORE vecna.com/robotics



armed forces



Low Rider

It's 88 ft. long, 40 ft. across the beam, weighs 45 tons and carries 2,000 sq. ft. of cargo, but the carbon-fiber M80 Stiletto draws only 3 ft. of water, making it uniquely suited for naval missions in shallow water. The M80 achieves its remarkable draft with a specially sculpted hull that lets air and water flow underneath to reduce wind resistance and generate lift. Capable of speeds of up to 50 knots (58 m.p.h.), the ship is intended for military use, but similar technology is used in fishing boats, yachts and even water taxis that cross Venice's shallow canals.

INVENTOR M Ship Co.
AVAILABILITY Now; \$6 million
TO LEARN MORE mshipco.com

TOP STRAW

Every so often, someone comes up with an invention so simple and clever that we're left wondering where it has been all this time. That spirit of creativity inspired the first Modern Marvels Invent Now Challenge, a national competition for inventors sponsored by the History Channel and the National Inventors Hall of Fame with an assist from TIME, which helped judge the contest. Nearly 4,500 submissions poured in last year from tinkerers in all 50 states, ranging in age from 8 to 80. The winner, David R. Ward, 53, from Ashland, Ore., dreamed up the StrawJet, a farm implement that processes straw into mats that can be used as building materials. Ward's device uses clay and paper pulp to hold the mats together, rather than the hazardous industrial chemicals that made him sick when he worked as a construction supervisor. It also relies on resources readily available in developing countries, where Ward hopes his machine will eventually help produce cheap, quick housing. He's now raising funds to build a demonstration house made entirely from straw. To learn more about the StrawJet or to participate in this year's contest, go to history.com/invent.



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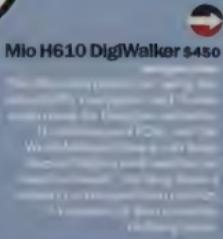
A great guide

Portable GPS navigators are perfect for anyone who hates reading maps and asking for directions. They're small enough to go where you go and smart enough to show you the way there. They have built-in maps of the entire U.S. and Canada and use satellites to track your position at all times. Just stick one on your windshield, and it will suggest shortcuts, show what curves lie ahead and, in some cases, even help you avoid sticky traffic.

The price is right In years past, cheaper GPS navigators were hard to use and required loading maps from a CD inside a computer. Now even our most affordable pick is ready right out of the box. Higher-priced navigators, like the Garmin, provide even more comforts. Some connect to your cell to act as hands-free speakerphones.

**GIFT OF
THE YEAR
PORTABLE
GPS**

Mio H610 DigiWalker \$450



Delphi NAV200 \$380

BY WILSON ROTHMAN

cool gear

High-def TVs?

Cheaper. Cell phones?

Smarter and thinner.

Video games? Sweeter.

It's been a great

year for all things

electronic



Celestron SkyScout \$400

With a built-in GPS receiver and a 2.4-inch color screen, the SkyScout is a portable planetarium that can identify more than 6,000 stars and 400 constellations. It also includes a digital compass, a digital thermometer, and a digital hygrometer.

Logitech DJ Wireless Music System \$250

TIME.COM
GADGET
OF THE
WEEK

Sirius Stiletto 100 \$350

Bose QuietComfort 3 \$350

Rock around the block The iPod may be the most popular music player, but it's not the only way to roll. The digital music revolution has given rise to lots of new technologies for making your home a musical mansion. You can free your MP3s from your hard drive and stream them to different rooms. You can bring satellite radio from your car into your casa. And if you prefer the sounds of silence, Bose has a brand-new pair of noise-canceling headphones.



sound decision

Beam it, stream it, block it out or blast it loud. How to master the sound track of your life



Sonos 2.0 \$1,000

Beam it You'll need an PC required, instead, wirelessly stream any of the millions of songs on the Napster service to Sonos speakers around your home. Using the remote, it's simple to turn—

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Cell phones, fun.
Cellular service providers, boring.
To get the best of both worlds, pair sexy hardware with a sensible plan

The new Power Vision M500 is as skinny as the other runway models but has its own bold look in red or silver. Thoughtfully designed inside and out, it's got a simple icon-based menu,

Bluetooth stereo and GPS.

Plan Fair & Flexible costs \$40 for the first 450 min. and \$5 for each additional 30-min. block. The Power Vision Plus Pack is \$20 a month, including NFL Mobile, Sprint TV and more.

Base Monthly Fee \$60



SAMSUNG
POWER VISION
M500 SHO with
two-year contract
and rebate

SPRINT

cell-ebration



VERIZON

PALM TREO
700W \$400
with two-year
contract



Abacus MobileWear
Bluetooth Caller ID
Watch \$200
abacusthatches.com

For the cell-phone junkie who has absolutely everything, this watch forms a wireless link with any compatible Bluetooth phone. When a call comes in, the caller's name appears on the tiny light-up display. The watch can also tell you when you have new voice mail. And yes, it tells time too.

Palm's first Treo with the Microsoft Windows Mobile operating system is a surprisingly nice device. Dialing either name or number is easy, and there's a Google search page on the home screen.

Plan Verizon Wireless isn't cheap when it comes to service. The lowest Voice & Data

Choice bundle with unlimited Treo data usage has only 450 anytime minutes of talk time.

Base Monthly Fee \$80



CINGULAR

LG CU500
\$180
with two-year
contract and
rebate

Slim enough to satisfy RAZR lovers, LG's CU500 runs on Cingular's high-speed data network. That means access to the Cingular Video broadband content, especially HBO Mobile.

Plan The Nation 450 plan includes 450 anytime minutes and nearly unlimited nights and weekends. The MEdia Max 200 add-on means 200 multimedia messages plus MEdia Net and Cingular Video for \$20 extra.

Base Monthly Fee \$60

The most attractive device to receive e-mail this year, the

Pearl isn't your lawyer's BlackBerry. It's very easy to use (though Hotmail users are left out), and given its size, the battery life is great.

Plan T-Mobile's Get More 600-min. plan with unlimited nights and weekends costs \$40 a month. Unlimited e-mail and Web browsing on the BlackBerry are an additional \$20 a month.

Base Monthly Fee \$60



T-MOBILE

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two-year contract
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BUSINESS HOURS



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WE ARE YOUR COMPUTER SECURITY GUARD
WE ARE YOUR COMPUTER MAINTENANCE TEAM
WE ARE YOUR COMPUTER REPAIR EXPERTS



1 800 GEEK SQUAD

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StreetPilot® c550 – GPS navigator with hands-free calling.¹ Hello dad? You've gotta hear this. I'm talking to you through my new Garmin GPS. I just touch the screen to dial a number or answer a call. Talk about worry-free driving. Now there's no more fumbling with your phone's handset — just tap the GPS screen and you're connected. Talk a mile a minute into the c550's built-in mic. The c550 will continue to give you clear, turn-by-turn directions and voice prompts to your driving destination. It even announces the name of exits and streets so you never have to take your eyes off the road.

Find out more about the navigator that has everyone talking.
www.garmin.com



Simple, one-touch dialing options



Traffic alert services included²

¹When paired with phones with Bluetooth® wireless technology. See www.garmin.com/bluetooth for list of compatible phones. ²90-day free trial.

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Need a new camera? Now that digital photography has all but eclipsed film, people are starting to pay attention to the quality of their pictures. If you get blurry shots in low light, or could use some more zip in your zoom, help is at hand.

What kind? Digital cameras tend to fall into three categories. Digital SLRs have interchangeable lenses and offer performance comparable to their film-based forebears. High-zoom point-and-shoots are built for great action shots and video; no lessons required. Compact cameras shoot both video and stills and come in handy at the beach or a nightclub; they're for producing good-enough images on the spur of the moment.

picture perfect

Three very different cameras combine simplicity with professional perks

Panasonic Lumix DMC-F7Z \$350

Six megapixels and a 12X optical zoom lens make a soccer-mom special that's great for action shots. An image stabilizer and high-sensitivity shooting deliver crisper pics in low light.



Nikon D80 \$1,300

nikonusa.com
For old pros and armchair amateurs, this 10-megapixel D80 digital SLR takes beautiful pictures, no matter who's wielding it. New Nikon tricks: in-camera editing and auto show mode.



Canon PowerShot SD800 IS \$400

powershot.com
Celebrating the 10th anniversary of its ELPH design, Canon's tiny 7-megapixel camera is fully loaded with a 3.8X optical zoom lens and an image stabilizer for no-jitter movies and less blur.



Sony PlayStation 3

\$500 or \$600

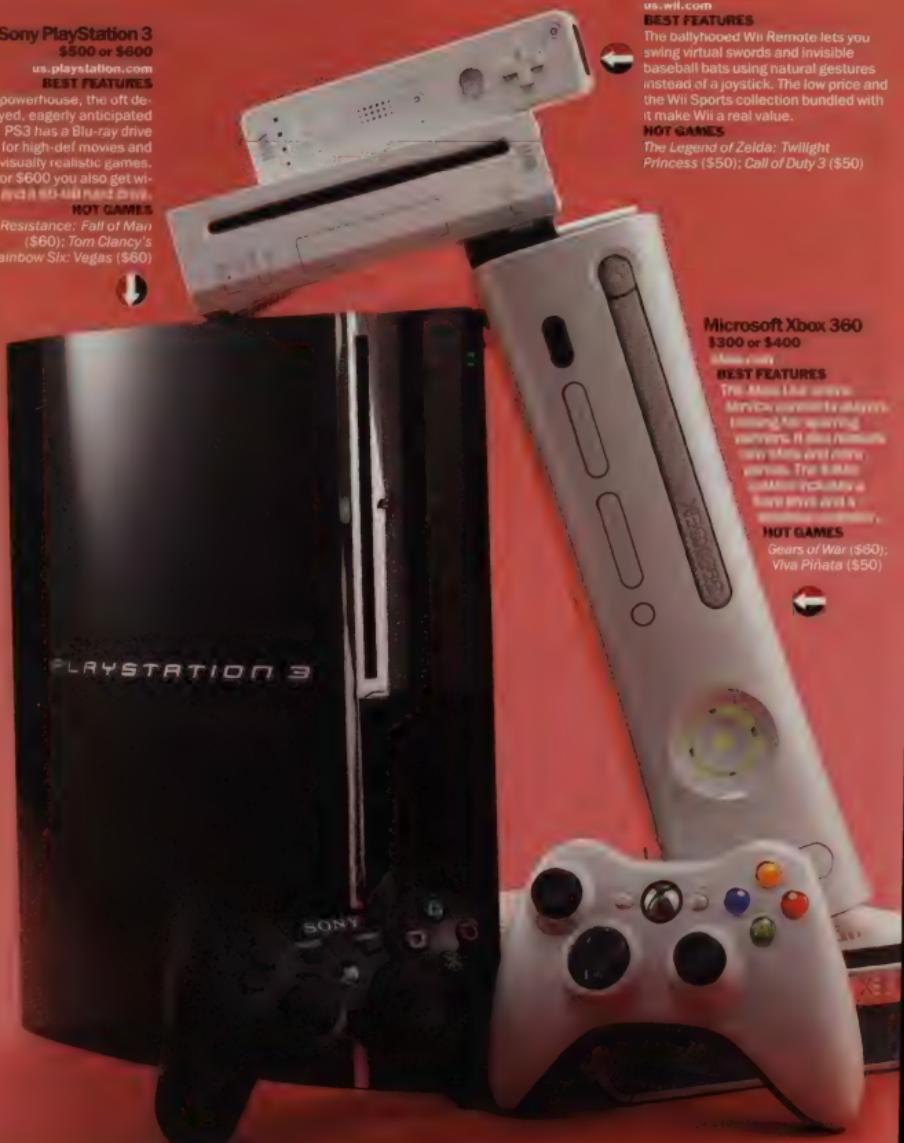
us.playstation.com

BEST FEATURES

A powerhouse, the oft delayed, eagerly anticipated PS3 has a Blu-ray drive for high-def movies and visually realistic games. For \$600 you also get wireless 802.11b/g/n WiFi.

HOT GAMES

Resistance: Fall of Man (\$60); *Tom Clancy's Rainbow Six: Vegas* (\$60)



Nintendo Wii \$250

us.wii.com

BEST FEATURES

The ballyhooed Wii Remote lets you swing virtual swords and invisible baseball bats using natural gestures instead of a joystick. The low price and the Wii Sports collection bundled with it make Wii a real value.

HOT GAMES

The Legend of Zelda: Twilight Princess (\$50); *Call of Duty 3* (\$50)

Microsoft Xbox 360

\$300 or \$400

www.xbox.com

BEST FEATURES

The Xbox Live service allows you to download and play online games. It also features an Xbox Music service that includes a vast library and a

HOT GAMES

Gears of War (\$60); *Viva Piñata* (\$50)

FIVE NEW WAYS TO PLAY

'Tis the season Every five years or so video-game companies launch a new generation of consoles. Game fanatics and tech lovers alike rejoice in the spectacle—and the specifications—of each new machine. Former heavyweights like Sega and Atari were knocked out in earlier console wars, but none of today's contenders show any signs of yielding.

The big three Microsoft's Xbox 360 had a head start, coming out last fall. Its focus so far has been on building an online gaming community, Xbox Live, which just hit 4 mil-

lion subscribers. Now a free software update increases high-def gaming options and adds compatibility with Microsoft's new Zune portable media player. With the \$200 HD DVD player accessory, below left, the 360 can also play high-definition movies. Meanwhile Sony has warned that on launch day, Nov. 17, the PS3 will be harder to find than Tickle Me Elmo, but those who do grab one should be in for an immersive high-def experience. The PS3 will come in two configurations; we recommend the more expensive package because the value of the extras (includ-

ing a bigger hard drive) is greater than the price difference, and upgrading can be messy. Finally, Nintendo's Wii (pronounced "Wheeel!") does not deliver high-def video, nor was it designed for online shoot-'em-ups. It's about engaging new gamers and veteran players in fresh ways. The radical Wii controller is motion sensitive: to play the games you just wave it in the air.

Which is best? The Xbox 360 has the most momentum, the PS3 is drawing the highest expectations, and the Wii has the best price and most nongamer appeal. It all comes down to which way you like to play.

the game is on

HANDHELDS

The two leading portable gaming platforms make quite the odd couple. Sony's PSP is action oriented with a cinematic wide screen for 3-D graphics, while the Nintendo DS plays more to the mind than the gut, with a touch-screen stylus for jotting Sudoku answers, performing surgery and petting virtual puppies. For the PSP, you'll find intense titles like *Grand Theft Auto: Vice City Stories* (\$50) and the loopy outer-space cartoon *LocoRoco* (\$40). The DS's strength seems to be in nontraditional games, like the get-smart-quick *Brain Age* (\$15) and the new rhythmic puzzler *Elite Beat Agents* (\$30).

Microsoft Xbox 360 HD DVD Player \$200 Xbox.com

This add-on turns the Xbox 360 into an HD DVD movie player (not compatible with Sony's rival Blu-ray discs). If you have an Xbox 360 or are getting one, it's not a bad way to go high-def.



NINTENDO
DS LITE
\$130

iPod candy

It may well be the perfect music player, but you can still pimp your 'Pod with all kinds of high-tech accessories



iPod nano (PRODUCT) RED \$200

apple.com

It may sound like an ordinary 4-GB iPod—and it costs the same—but thanks to Bono and pals, \$10 of the money you spend on this striking scarlet music player goes to fight HIV/AIDS in Africa. More info at joinred.com.

Nike + iPod Sport Kit

\$30 (without iPod and shoes)

apple.com/ipod/nike
For those who love running but need a little motivation. The receiver clips onto an iPod nano, and the electronic pebble slips into a special Nike + shoe. The system tracks your pace and verbally encourages you during runs. You can automatically plot your progress online and even train in groups and challenge your friends.



TIME.COM
GADGET
OF THE WEEK

Farm Fresh Lightcast \$60

farmfreshstuff.com

Connect an iPod (or another music player) to the Lightcast, and its 33 LEDs will dance on your ceiling like Lionel Richie. You can adjust the lenses for sharpness and pick a mode to suit your mood, from Smooth to Pulse.

Memorex iFlip \$200

memcorpcinc.com

We're glad that the iPod can play movies, but its screen is still too small to do justice to the great Hollywood moments. At 8.4 in., the widescreen on the new Memorex iFlip is large enough to let you share your flicks (and photos) with the person sitting next to you.

Griffin iKaraoke \$50

griffintechnology.com

Clip this retro-style mike to an iPod, and it cancels out any song's lead vocals, making room for your own (no doubt vastly superior) performance. Add reverb, then plug it into a boom box or a car stereo, and just like that you're a karaoke star.

a new house: \$0

(watching it fill up during the holidays: priceless)



You could win a home* for the holidays.

Double entries at:



or BestBuy.com

Use your MasterCard® or enter online at priceless.com from November 1 through December 31 and you'll have a chance to win a home you can fill with memories. There are some things money can't buy, for everything else there's MasterCard.™



*Abbreviated Rules: No Purchase Necessary To Enter or Win. PIN-Based & International Transactions Invalid. Purchasing Will Not Increase Your Odds of Winning. Begins 11/1/06/12/00/00AM CT & ends 12/31/06/11/30/07/08 CT (7 Month Period). Open to legal US residents, 18+ (During Promo Period). 1) Enter online: Visit www.priceless.com/winawhome & complete online entry per instructions. Limit 1 online entry per person per day. 2) Enter with purchase: Purchase 1 entry per MasterCard purchase; 1 add'l entry per Paybox app purchase; 1 add'l entry per MasterCard purchase at US-based Best Buy™ stores or www.bestbuy.com; & 1 add'l entry per Reward Zone™ program MasterCard® purchase. 3) Enter without purchase & receive 3 million Grand prize entries: complete mailing without, type, options & words "2006 MasterCard A Home for the Holidays Sweepstakes" on 1" x 5" paper & mail it in a stamped, stamped & hand printed envelope to 2006 MasterCard A Home for the Holidays™ Sweepstakes, P.O. Box 18071, Ridgebury, CT 06771. Entries to often as you wish by mail, but each entry must be mailed separately & receipt by 11/00/07. (1) Prize: \$150,000 that may be used toward a house ("Award"). List provided on request without further obligation. (2) \$150,000. Odds of winning depend on number of eligible entries received. Winner's responsibility void where prohibited. For full rules & details, visit www.priceless.com/winawhome or call 1-800-HC-ASST. All Rights Reserved. Sponsor: MasterCard International Incorporated, 2003 Purchase Street, Purchase, NY 10577. Promoter: Project Support Team, Inc., 100 Parkwood Road, Danbury, CT 06811. www.ProjectSupportTeam.com ©2006 MasterCard

THREAT	RELEASED	DECEASED	THREAT	RELEASED	DECEASED	THREAT	RELEASED	
W97/M.Kukadre.C	8/15/06	8/15/06	Trojan.Labrea.B	7/18/06	7/18/06	SymbOS.Umpng.D	6/20/06	6/30/06
Backdoor.Rankky.X	8/14/06	8/14/06	Trojan.Lagger.B	7/18/06	7/18/06	OSD.Dropper.Isum.hdf	6/10/06	6/30/06
W32.Mut.hot.B	8/12/06	8/12/06	AI.18.SpaceHash	7/18/06	7/18/06	W32.Alosses.Pmm	6/30/06	6/30/06
W32.Wangbot	8/11/06	8/11/06	W32.SpaceHash	7/18/06	7/18/06	Trojan.Dab.I	6/30/06	6/30/06
Trojan.Resohon	8/11/06	8/11/06	Trojan.PPDropper.C	7/19/06	7/19/06	SymbOS.Cdropper.I	6/20/06	6/29/06
W64.Bounds	8/9/06	8/10/06	Trojan.Riller.F	7/17/06	7/18/06	SymbOS.Cdropper.G	6/28/06	6/29/06
W32.Bounds	8/9/06	8/10/06	Trojan.Frozzi	7/19/06	7/19/06	SymbOS.Cdropper.K	6/28/06	6/29/06
W32.Bound	8/9/06	8/10/06	Perl.Rammoni	7/14/06	7/14/06	SymbOS.Cdropper.F	6/28/06	6/29/06
W32.Satty.U	8/8/06	8/9/06	Backdoor.Bifrose.F	7/13/06	7/13/06	SymbOS.Cdropper.J	6/29/06	6/29/06
W97/M.Kukadre.B	8/8/06	8/9/06	Trojan.Relindec	7/12/06	7/12/06	Trojan.Clinger	6/29/06	6/30/06
Bloodhound.Exploit.75	8/8/06	8/8/06	W32.Dozic	7/12/06	7/12/06	W32.Risk.R	6/29/06	6/29/06
W32.Shufadimm	8/7/06	8/7/06	Backdoor.Haxdoor.N	7/12/06	7/13/06	Trojan.Breakwater.K	6/29/06	6/29/06
W32.Munia.inf	8/5/06	8/5/06	Trojan.PPDropper.B	7/12/06	7/12/06	Backdoor.Graybird.S	6/29/06	6/29/06

We make new online
threats old news.

W32.Muni
Infostealer
Infostealer
W32.Hogg
Trojan.Em
W32.Cham
Trojan.Em
W32.Draga
Trojan.Agl
Trojan.Agl
Trojan.Firn
Firnavo.Ex
W32.Dhbt
Backdoor
W32.Kelvin
Trojan.PPL
Trojan.Aer
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W32.Mulli
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Infostealer
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W32.Amir
W32.Darie

Trojan.Agentdoor.C
Backdoor.Samovn
Backdoor.Tervserv
Backdoor.Haxdoor.O
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VBS.Asplux
MSH.Czyhronkstint
MSH.Cubyzint
Backdoor.Glupzy
JS.StartPage.B
Trojan.SchoberLB
Trojan.Mdropper.C
W32.Strong.A

7/25/06 7/22/06 SymbOS.Dromboot.W 7/4/06 7/5/06 Backdoor.Raindrop 6/13/06 6/23/06
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7/24/06 7/24/06 Trojan.Deaptive 7/1/06 7/2/06 SymbOS.Romride.F 6/21/06 6/22/06
7/21/06 7/21/06 Trojan.Encdec.E 7/1/06 7/2/06 SymbOS.Romride.H 6/21/06 6/22/06
7/20/06 7/24/06 SymbOS.Cdropper.R 6/30/06 7/3/06 SymbOS.Romride.G 6/24/06 6/22/06
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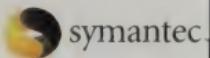


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Introducing Norton Internet Security™ 2007 from Symantec. It proactively protects you from today's online threats and tomorrow's. It warns you of fraudulent websites and stops spyware and other unauthorized invasions of your computer. So you can surf the Internet with the peace of mind knowing you're protected.

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Apple or Microsoft? The world of software is a mouse divided

which computer should you buy?



THE CASE FOR WINDOWS

Dawn of a new desktop What's not to like about Windows, the software that runs more than 90% of the world's personal computers? The list is long: it's prone to viruses and other Web-borne illnesses, it

can freeze, and compared with

the Mac operating system, it doesn't come with much useful preinstalled software. All of that changes in January when Microsoft launches Vista, the first new version of Windows in five years. Built on a more stable foundation, it checks with the user before installing software, so that unwanted applications can't sneak in. Photo, music and movie

managers are part of the "home premium" edition. Hardware-wise, both the Zune music and movie player and the Xbox 360 will access multimedia content on Vista PCs, extending their reach into the living room and beyond. Mac fans argue that Microsoft is just trying to create a Mac-like environment—and it may be

true—but many things still run only on Windows.

Who's it for? Windows-only business professionals and hard-core PC gamers know it will do more for them. But it's a good choice

for gadget fans too. A lot of PDAs and multimedia devices, like the Logitech DJ wireless music system, require Windows.



Microsoft Zune \$250

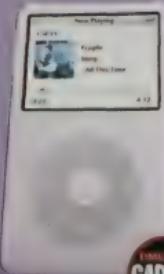


THE CASE FOR THE MAC

The iPod effect Apple sales are surging right now, and it's not just because of those ubiquitous TV ads. Lifelong PC users buy iPods, realize that Apple's appeal isn't just marketing and soon find themselves shopping at the Apple Store for bigger-ticket items. It's a good time to drink Steve Jobs' Kool-Aid: the next few months will bring an unnamed media player (think iPod for your living room) and Leopard, the newest edition of the Mac OS. Among other nice features, Leopard includes Time Machine, a visually appealing way to back up files and locate missing ones, and Spaces, a tool for organizing your busy desktop into distinct screens. In addition to their own smooth-running virus-free OS, today's Macs can even run Windows XP with a free utility called Boot Camp. There are still things Macs can't do, and Apple's shift to Intel chips means that certain programs, like Microsoft Office for Mac and Adobe Photoshop, run slow. (We expect updates of both in 2007.)

Who's it for? Macs are for people who are more interested in a low-stress experience while enjoying music, movies, e-mail and websites, rather than in pushing the limits of their system with gadgets and games.

Apple iPod \$250 and up



TIME.COM
GADGET
OF THE WEEK

HP PAVILION DV2000Z

HPShopping.com

OS The dv2000z currently ships with Windows XP but is cleared to run Windows Vista when it launches in January—provided you pay \$100 or more to upgrade.

Processor AMD's newest mobile chipset, the cutting-edge 1.6-GHz dual core Turion 64 X2

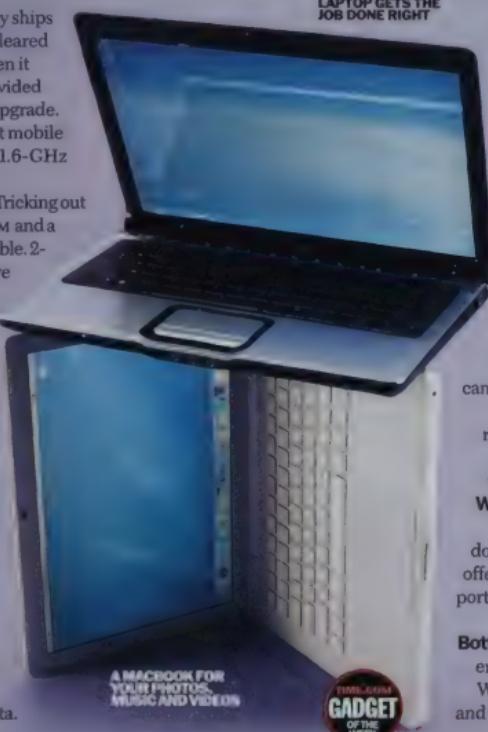
Memory and Hard Drive Tricking out the dv2000z with more RAM and a bigger hard drive is affordable. 2-GB RAM and a 100-GB drive added \$290 to the bill.

Features We liked the HP Mobile Remote (for controlling movies and music from a distance), the built-in 1.3-megapixel webcam and the ExpressCard slot for wireless modems.

Warranty We added HP's \$350 three-year Accidental Damage Protection with Express Repair.

Total Cost \$1,380

Bottom Line Nice price for a workhorse laptop with full accident coverage. Too bad it's not pre-loaded with Windows Vista.



HP'S AFFORDABLE LAPTOP GETS THE JOB DONE RIGHT

APPLE MACBOOK

Apple.com

OS Like other Intel-based Macs, the MacBook runs Mac OS X. With free software called Boot Camp, it can also run Windows XP.

Processor New to Macs, Intel's fast and powerful 2-GHz Core Duo chipset

Memory and Hard Drive This model starts with a paltry 512 MB of RAM and a 60-GB drive, and upgrades don't come cheap.

Features The MacBook has the Apple Remote for Front Row, a built-in iSight camera, optical audio output to connect to home-theater receivers and the breakaway

MagSafe power cable that reduces accidental damage.

Warranty Its three-year \$249

AppleCare Protection Plan doesn't cover accidents. It just offers easier access to tech support and defective-parts repairs.

Total Cost \$1,548

Bottom Line A great OS, a powerful chip and sweet features.

We still wish for cheaper RAM and broader warranty coverage.

a tale of two laptops

Two compact computers stand out above the rest. Each has its share of pros—and a few cons

“I want my own
business.”



What do you want? We can help get you there. *The Power of the Pyramid*™

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www.transamerica.com

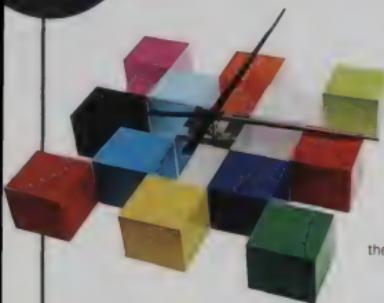


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Insurance products underwritten by Transamerica Occidental Life Insurance Company, Cedar Rapids, IA, founded in 1906, and its affiliates outside New York. In New York, insurance products underwritten by Transamerica Financial Life Insurance Company, Purchase, NY. Not available in all jurisdictions.

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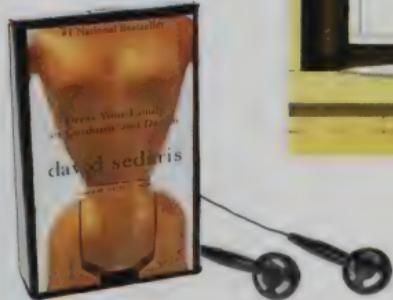
**For the Decorator**

The colorful Karlsson Blocks Clock, \$88 at chiasso.com, purveyor of modern looks for the home (including great rugs), is a work of DIY functional sculpture. You can hang the 2-in. cubes any which way you like, using nails or the double-sided sticky pads that come with the set. The timepiece runs on a single AA battery.

For the Computer

Playaway's audiobooks aren't designed for digital-media mavens with iPods who are accustomed to downloading content off the Net. They're pocket-size and preloaded for people who just want to press

Play and go. The collection includes more than 200 titles—new fiction, literary classics, books for kids, how-tos, humor—for \$30 to \$55 each, earbuds included. Visit store.playawaydigital.com.



BY MARYANNE MURRAY BUECHNER

COOL

**For the New Parents**

At sparkability.com, click Baby Gear to find the Philips DECT monitor, \$200. It's designed not to interfere with other household devices and scrambles the signal, so neighbors can't listen in. The receiver tracks room temperature and works as a two-way radio, allowing you to soothe baby ("Go to sleep!") without leaving the couch.

**For the Officemate**

Quincyshop.com has an eye for goofy desk accessories, like this 4-in. robot pencil sharpener, \$6. It winds up as you whittle, then takes a walk when you're done. Thinkgeek.com also sells it, plus a \$5 plastic ninja attack gun perfect for cube warfare.





For the Bird Watcher

We can confirm that you will sound like a partridge and a turtle dove with these elegant birdcalls—\$75 for the set at uncommongoods.com—but we can't guarantee the real deal will show up. Delve deeper into the subject with *Bird Songs*, \$45 at chroniclebooks.com. The illustrated hardcover has a built-in audio player that holds 250 recordings of real chirps and trills.



BIONIC WRENCH



For The Do-It-Yourselfer

The Bionic Wrench

from Leggett-Perkins Tools
\$3.39 for an 8-in. socket-plated version at glamettawards.com—won't slip even one stripped nut and bolt, and it multiplies your gripping power to make the task at hand less, well, wrenching. When you squeeze the handle, the two gripping heads close in for a tight fit.

gifts

For the Dog Lover

Practice your swing and entertain your pooch at the same time: the Doggie Driver, \$28 at petgadgets.com, sends tennis balls flying to be fetched. Note to cat people: kattbank.com sells beautiful litter box-concealing benches that start at \$1,750.



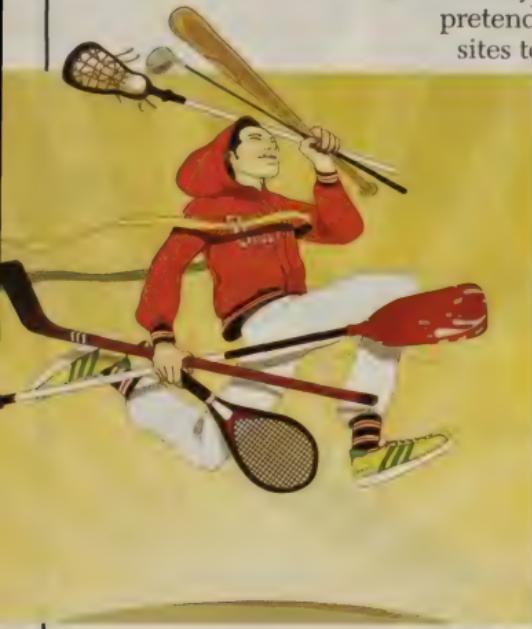
For the Gadget Geek

Is it a stress ball? No. Back massager? Wrong again. This rubber USB hub, \$18 at momastore.org, gives you three ports for the price of one. Find it in Home Accessories, under Radios and Electronics, next to some bamboo earphones and Muji cardboard speakers. Museum members get a discount.



for the competitor

Gym rats—real and pretend—can surf these sites to find their edge



WorldRugbyShop.com

This vintage England national-team jacket, suitable for both soccer and rugby fans, is available for \$60 at 365 Inc.'s rugby superstore, along with a comprehensive selection of shirts—the same jerseys real ruggers from around the world wear on the field. Shop by country or team. A commemorative World Cup 2007 Gilbert rugby ball is \$30.

MORE LINKS

Bamboo fabric may be all the rage in environmentally friendly circles, but it's also a great material to wear while exercising. It is lightweight and buttery soft, breathes better than cotton and is good at wicking moisture away. (It's also less likely to retain odors—no more smelly pits!) MOSEAU.COM sells golf shirts in a bamboo-cotton blend (70%–30%); SHIRTSONTEAMRIO.COM offers its apparel in several styles and colors.

Kix-files.com/shop

A self-funded alliance of "sneaker heads" based in Hong Kong makes limited editions and vintage styles

from Nike and other

brands available to any body willing to pay for over seas shipping (\$35 for delivery in three to five days).

The Adidas Rio, \$90, is a new release; an illustration of the Brazilian city's famous statue of Christ decorates the tongue.



ShopIntuition.com

Can the right bag motivate you to go to the gym? The Lug Puddle Jumper, \$70, has a separate compartment for shoes and other internal dividers to keep sweaty clothes away from clean. Extra side pockets help keep toiletries and other personal items organized. Comes in blue, orange, gray, pink or green.



Elsewares.com

Give golf nuts the gift of inner peace with these Buddha balls (\$15 for three), which have Zen sayings on one side ("The path is narrow. The tree is wide"; "Be mindless and hit. Others are waiting") and an image of the spiritual guru on the other.

Be mindless
and hit.
Others are
waiting.

The self says:
I am.
The ball says:
You are
nothing.

The path is
narrow.
The tree is
wide.

Our Internet phone service comes with over a decade of Internet experience.

As for Vonage, well, their song is cute.



Linksys® Telephone Adapter (ATA)

EarthLink
trueVoice Internet Phone Service from the **Internet Experts**

We've been bringing you Internet access since the beginning. So then, who better to get you talking over it? Meet EarthLink trueVoice. Unlimited local and long distance calling that will cut your phone bill by up to 50%. Get all the calling features you love, backed by our ten plus years of Internet expertise and award-winning customer service. As for the other guys, well, let's just say this is their first time with the Internet thing.

Free ATA hardware.

\$59.99 regular price
-\$60 in mail-in rebates = **\$0**

With 12 month service agreement and activation fee of \$29.95

Plus, get a \$50 gift card by mail from one of our select retailers.



\$19.95
for 6 months*

Unlimited local and long distance to anywhere in the US, Canada and Puerto Rico.



EarthLink trueVoice® uses Linksys® hardware.

*COMPARE TO REGULAR PHONE SERVICE. Local Service: \$35 + Long Distance: \$20 = Monthly Price: \$55 - Typical savings. Pricing varies by local provider.



EarthLink

THE AMERICAN DREAM WASN'T BORN IN AMERICA.

It took shape in the hearts and minds of people from distant lands — immigrants who left behind all they'd ever known for a country they'd never seen.

It was the greatest tide of immigration in American history.

More than 16 million men, women and children had the courage to risk everything and set off for the Land of Opportunity, not knowing whether they would be welcomed or sent back.

Their journeys took them from countries all over the globe to a tiny island in New York Harbor, under the welcoming gaze of the Statue of Liberty. They arrived to find that the streets weren't paved with gold. There wasn't food on every table. And their only opportunities looked a lot like back-breaking work. If they could find it.

The American Dream began with your immigrant ancestors, but in most cases it would only be realized generations later — by you. What do you know about the earliest Americans in your family tree?

Today, more than 100 million living Americans are directly descended from immigrants who came through Ellis Island.

Did your ancestors arrive in the U.S. at Ellis Island?

Half of the people reading this magazine can trace some of their ancestry to Ellis Island — and back to their ancestral homelands — thanks to records now available on Ancestry.com, the world's leading online resource for family history records.

The recently expanded immigration collection on Ancestry.com has more than just Ellis Island records — it contains over 100 million names from more than 100 American ports. This is the first time such a comprehensive collection of passenger lists has been made available online. FOR FREE.

What does a passenger list mean to you and your family?

Find your ancestors in a passenger list on Ancestry.com and you could discover your family's original home country. Learn about your ancestors' occupations. Discover what ships brought them to America, what ports they departed from, when they first set foot in the U.S. — even find out if your family name was once spelled differently.

In the past, discovering this kind of information might have meant driving cross-country in search of clues. Today, an Ancestry.com subscription is all you need to access millions of passenger lists, military records, the world's largest online collection of U.S. Census records and many more sources that can help you discover your family story, one ancestor at a time.

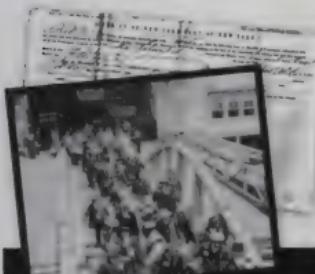


Begin your journey today.

Start your family tree and search for your immigrant ancestors on Ancestry.com for free. Here's how:

- Write down all the family names and dates [birth, marriage and death] you can think of.
- Visit Ancestry.com and click on the "Family Trees" link at the very top of the home page.
- Click on "Start Your Tree" and follow steps 1 through 5.
- As you enter information into your tree, Ancestry.com automatically searches billions of records for information that matches your ancestors' names.
- When you see a shaking leaf symbol next to someone in your tree, click on it to see hints that may lead you to valuable information about your ancestors.

Your immigrant ancestors left all they'd ever known for a country they'd never seen. Take this opportunity to remember the journeys, sacrifices and stories of the people you owe so much.



Ancestry.com

Discover the stories of your immigrant ancestors.

ShopOscardelaRenta.com

Oscar de la Renta, a recent Web convert, launched an online store in September to sell shoes and boots, handbags, fragrance and eyewear, like this pair of "wrapped plastics" for \$320. Product pages are elegant yet spare—sometimes too spare (item descriptions can be a bit thin)—but you can chat live with an operator if you have any questions.



for the fashion hound

ChicSherlock.com

Here you'll find an impressive selection of high-end jewelry from a range of designers. The site, which lists cheaper September, sells several exclusive and one-of-a-kind pieces and accepts custom orders. The 18-karat gold Phoenix earrings by Harriet Singh have diamond eyes and ruby studs; at \$2,490, they're among the more affordable items. We did say high-end.

CynthiaRowley.com

Thanks to sites like StandardStyle.com and IntermixOnline.com, more and more haute couture is just a few clicks away. Cynthia Rowley's online store, up since August, adds new items as quickly as they come off the line. This satin wrap sweater with silk ribbon tie is from the fall 2006 collection; available in "true blue" or berry, \$265.

**Net-a-Porter.com**

This site sells current looks from Marc Jacobs, Stella McCartney and more than 100 other labels, and adds pieces to the Wardrobe's New page every week. Help! I'm going to dinner in the context of an entire outfit, these \$625 Christian Louboutin Soizucks, for example, work great with Burberry pants and a Celine bag.



We sniffed around for new ways to update your wardrobe—and hit gold

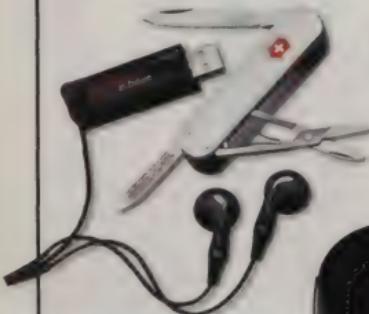
**MORE LINKS**

Clueless about what to buy? **GIFTS.COM** gives solid guidance based on a recipient's personality. Recommendations come from the website's staff, not advertisers. When you know what you want, try **BSPURSES.COM**. There you can create your own custom handbag; choose type, size, fabric and hardware. **BAGBORROWSTEAL.COM** lets you rent high-end designer bags the way you would rent a DVD from Netflix; you can keep that YSL Muse or Fendi Spy as long as you want, as long as you keep paying the fee.



for the adventurer

Ready for action?
Click here to gear up
for the great outdoors



PrincetonWatches.com

With dozens of dive watches on the market, it helps to be able to refine your search by brand (Citizen or Suunto?) or technology (solar powered or quartz?). There's a lot from Swiss Army at this site too; go to Knives & Tools to find the S. Beat, a 2-GB MP3 player plus blade, scissors and nail file for \$279.



BaldMountainCoffee.com

This green-coffee purveyor's thermos section features the new line of Element 5 stainless-steel beverage bottles, including this 20-oz. version for \$32. Leakproof and vacuum insulated, it keeps liquids hot or cold for up to 24 hours, even in extreme conditions.

The sturdy rubber base cuts down on tipping, and the carabiner lets you clip the bottle to a backpack or belt loop.

K5.com

One of the easiest board-sport sites to slalom, K5 has separate snow, skate and surf shops; browse by category or click Product Index for links to specific brands. The site's extensive selection of snowboards includes Burton's 2007 lineup plus this hot new one from Arbor: the Element All, \$500, featuring a bamboo top sheet for extra snap between turns.



Landfall Navigation.com

Here you'll find nautical charts and other supplies for sailors, plus quirky gizmos like the \$7 key buoy from Davis Instruments. The 14-in. tube inflates the moment your keys hit the water, propels them to the surface within 30 sec. and keeps them afloat for up to 40-min.—plenty of time for you to recover them after a windsurfing wipeout.



MORE LINKS

The paddle-sports enthusiasts at RUTABAGA.COM sell a wide range of kayaks, canoes and related gear and provide how-to guides, product reviews and trip-planning tips. One top pick from the site's knowledgeable staff: the new Ultimate 12 from Native Watercraft, \$775. Need binoculars? BEACHCAMERA.COM stocks dozens, including a compact Canon prism pair with image stabilization and a 10X optical zoom for \$279 after rebate. Search for CN10X30IS.



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There are infinite dynamics in business. Master them all.
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Presenting Microsoft Dynamics: a line of people-ready business management solutions for CRM, financial management, and supply chain management. It's easy to learn and easy to use. Because it looks and feels like the Microsoft software your people use every day. Visit microsoft.com/microsoftdynamics



Microsoft Dynamics

Financial Management
Customer Relationship Management
Supply Chain Management

ToysandMore.biz

A My Little Sandbox playset from Be Good Company, \$27, requires that kids use both their imagination and their fine-motor skills. The 10-in.-sq. box includes a generous scoop of ultrafine sand, got a hand vac?—and themes range from Space Patrol to Beach Party. Toys and More, run by two discerning moms in upstate New York, stocks all eight.



for the kids

A child-size guitar, a sleek sled and six other picks from eight great sites

PBTeen.com

The faux suede Media B-Bag chair, \$249 at Pottery Barn's Web shop for teens, is more than just a smushy chaise longue. There are two speakers in the headrest and a subwoofer buried in the seat. Connect your digital music player or pump sound from your stereo or Xbox, then lean back for a surround-sound effect.

ZebraHall.com

The \$135 Woodstock mini guitar, aimed at kids ages 6 and up, is 7 in. shorter than a standard size guitar. It has six tunable metal strings (they also break like regular guitar strings, so parents, watch the sharp ends), and a built-in speaker—no amp required. Find it in Zebra Hall's new Music Room, along with pampires, xylophones and Cha Cha Cha acoustic stiltz.

Moolka.com

This Chimere doll by L'oiseau Bateau, \$55, is so tastefully designed, so exquisitely crafted, that your daughter will fall in love with its all-natural Old World charm—at least until she discovers Bratz. Each one in the series is about 2 ft. long, made of 100% cotton and hand sewn in France. Moolka also sells items by Haba, Scratch, Kaloo and 28 other European brands.





Modermtots.com

The furniture here is pricey yet irresistible, particularly the P'kolino Klick, a \$285 desk for preschoolers. Beautifully crafted out of Baltic birch, it features a handy storage compartment underneath the vinyl-padded seat; choose red, blue, orange, green or purple. Another must have: the kid-size Mod Rocker, \$350.

MORE LINKS

The Brooklyn-based blog COOLMOM PHOTOS.COM has a knack for finding kicky togs for tots—like custom-embroidered shirts from LOVEPLUS ONE.NET or hand-stitched replica of your child's artwork costs \$25 to \$55, depending on the design. Find more trend-affine at ANGELICROCKNIGHT.COM, like the "I Rock" T-shirt for \$24, a spoof of Apple's iPod ads; WHYBABY.COM has "Eat Dirt" snapshots, \$24, and "Scented" diaper covers, \$16. For funky footwear, check out the Me in Mind collection at PSYCHO BABYONLINE.COM

Quincyshop.com

Quincy's Fashion Design studio set, below, is a reminder that there's still value in putting pen to paper. The \$25 kit includes markers, colored pencils, tracing paper, sketch pads, swatch guides and more. For more futuristic fashionistas, Designer's World from Hasbro, \$30 at toystrus.com, connects to a TV and lets girls compete on a virtual runway.



Wildplanet.com

Don the headset and you'll see what Spy Video Car sees. You control it with the remote, and its infrared camera transmits a live video feed to the black-and-white screen inside the eye-piece. It's perfect for domestic espionage but not too perfect. The Spy Video Car is noisy enough to let parents always know where it is. Under Spy Gear, \$140.



Sparkability.com

Slide over, Flexible Flyer. This Pearl Toboggan from Germany, \$370, will send your kid down the slopes in style. The frame is molded plywood, the seal nylon webbing. Sparkability also stocks three kinds of LikeABike (the training cycle with no pedals) and the Oko Trike from Italy, a spectacle of a thing with a padded saddle, extra-large wheels and a sunshade.

9

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HUMAN

7E+09

SEEING THE FUNDAMENTAL IN THE ELEMENTAL. There is nothing more

elemental than chemistry. It is the basic story of life. And when that story includes



the Human Element, chemistry gets down to the fundamental work of solving

human problems. Health Housing Food Water The essentials of life



all made better by looking at the world through the eyes of the Human Element



for the entertainer

A sampling of hot spots to hit before your next soirée. *Salut!*

Adagio.com

When visitors can't agree—black, white or green?—please them all with individual servings of gourmet tea. Adagio's RealTea tea bags are soft mesh sacks filled with the same high-quality leaves you find in the loose-leaf bin. Choose Dragonwell, Silver Needle, Golden Yunnan or Jasmine Pearls. The gift set includes the teacup and saucer, \$29.



MORE LINKS

Sometimes the life of the party is a new plasma TV—or some other high-tech home accessory. When you're shopping for gadgets, check the reviews at CNET.COM—then click Compare Prices for a listing of online merchants. Or try BECOME.COM, a new shopping search engine that offers two types of results: links to where to buy and where to research (articles, buying guides, product specs, forum discussions). You can click to re-sort by priority. MIPIRE.COM charts a product's price over time and tells you the current average sales price and what others have paid for the same item on eBay.

Wine Enthusiast.com

The PEK Preservino uses argon instead of nitrogen to keep wine fresh for up to two weeks after opening. The \$40 kit includes injector, gas cartridge and two stoppers. The trick is to buy wine that's worthy: *Wamonthly.com*, which ships to 32 states, will send four carefully selected bottles with producer profiles and tasting notes for \$100.



PlumParty.com

Before guests arrive, do a quick cleanup with the Happy Face dustpan-and-brush set by Vice Versa, \$18. Next you can serve your delicious canapes on melamine plates with vintage flower art by Andy Warhol. Banana boats are also available—click Plum Boutiques to view the "fantastic in plastic" line. Then browse the Party Stuff section to find stylish paper goods, favors and all sorts of snazzy decorations.



Bodumusa.com

Bodum's new Manhattan line of double-walled borosilicate glasses look heavy but are actually quite light. An air pocket protects a chilled drink from your warm hand and won't cloud even after repeated runs through the dishwasher. The "thermo glass" is heat resistant, so it can serve hot beverages too. Martini glasses, one of five types to choose from, are \$20 each.





ADVAIR® significantly improves lung function to help you breathe better.*

If you have COPD associated with chronic bronchitis, ADVAIR 250/50 may help.

ADVAIR is different from other COPD medications. ADVAIR is the only product with an anti-inflammatory and a bronchodilator working together to improve lung function.

Get your first full prescription FREE!
Go to AdvairCOPD.com or call 1-800-987-4900.
Ask your doctor about ADVAIR today.



The way anti-inflammatories work in the treatment of COPD is not well defined.

Important Information: ADVAIR DISKUS 250/50 is approved for controlling symptoms and preventing wheezing in adults with COPD associated with chronic bronchitis. The benefit of using ADVAIR for longer than 6 months has not been evaluated. You should only take 1 inhalation of ADVAIR twice a day. Taking higher doses will not provide additional benefits but may increase your chance of certain side effects. Lower respiratory tract infections, including pneumonia, have been reported with ADVAIR. Patients at risk for developing bone loss (osteoporosis) and some eye problems (cataracts or glaucoma) should be aware that use of inhaled corticosteroids, including ADVAIR, may increase your risk. You should consider having regular eye exams. ADVAIR does not replace fast-acting inhalers for acute symptoms.

*Measured by a breathing test in people taking ADVAIR 250/50 compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary.



GlaxoSmithKline

Prescription Coverage



If you don't have prescription coverage,
visit pprx.org, or call 1-888-4PPA-NOW (1-888-477-2669)

ADVAIR DISKUS 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

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ADVAIR DISKUS[®] 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

What is the most important information I should know about ADVAIR DISKUS?

In patients with asthma, long-acting beta₂-agonists medicines such as salmeterol (one of the medications in ADVAIR[®]) may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol or debrisoquine (a medication used to treat asthma) compared with patients who did not use salmeterol. So ADVAIR[®] is not for patients whose asthma is well controlled on another asthma controller medicine such as low- to medium-dose inhaled corticosteroids or only need a fast-acting inhaler once in a while. Talk with your doctor about this risk and the benefits of treating your asthma with ADVAIR.

ADVAIR should not be used to treat a severe attack of asthma or chronic obstructive pulmonary disease (COPD) requiring emergency medical treatment.

ADVAIR should not be used to relieve sudden symptoms or sudden breathing difficulty. Always have a fast-acting inhaler with you to treat sudden breathing difficulty. If you do not have a fast-acting inhaler, contact your doctor to have one prescribed for you.

What is ADVAIR DISKUS?

There are two medicines in ADVAIR. Fluticasone propionate, an inhaled anti-inflammatory belonging to a group of medicines commonly referred to as corticosteroids, and salmeterol, a long-acting, inhaled bronchodilator belonging to a group of medicines commonly referred to as beta₂-agonists. There are 3 strengths of ADVAIR 100/50, 250/50, 500/50.

For Asthma

- ADVAIR is approved for the maintenance treatment of asthma in patients 4 years of age and older. ADVAIR should only be used if your doctor decides that another asthma controller medicine alone does not control your asthma as well as you would like.
- The strength of ADVAIR approved for patients ages 4 to 11 years who experience symptoms on an inhaled corticosteroid is ADVIR DISKUS 100/50. All 3 strengths are approved for patients with asthma ages 12 years and older.

For COPD associated with chronic bronchitis

ADVAIR 250/50 is the only approved dose for the maintenance treatment of airflow obstruction in patients with COPD associated with chronic bronchitis. The benefit of using ADVIR for longer than 6 months has not been evaluated. The way anti-inflammatories work in the treatment of COPD is not well defined.

Who should not take ADVAIR DISKUS?

You should not start ADVAIR if your asthma is becoming significantly or rapidly worse, which can be life threatening. Serious respiratory events, including death, have been reported in patients who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events. This may also occur in patients with less severe asthma.

You should not take ADVAIR if you have had an allergic reaction to it or any of its components (salmeterol, fluticasone propionate, or lactose). Tell your doctor if you are allergic to ADVIR, any other medications, or food products. If you experience an allergic reaction after taking ADVIR, stop using ADVIR immediately and contact your doctor. Allergic reactions are when you experience one or more of the following: choking; breathing problems; swelling of the face, mouth, and/or tongue; rash; hives, itching, or welts on the skin.

Tell your doctor about the following:

- If you are using your fast-acting inhaler more often or using more doses than you normally do (e.g., 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row or a whole career of your fast-acting inhaler in 3 weeks' time), it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately.
- If you have been using your fast-acting inhaler regularly (e.g., four times a day). Your doctor may tell you to stop the regular use of these medications.
- If your peak flow meter results decrease, your doctor will tell you the numbers that are right for you.
- If you have asthma and your symptoms do not improve after using ADVIR regularly for 1 week.
- If you have been on an oral steroid, like prednisone, and are now using ADVIR. You should be very careful as you may be able to heal after surgery, infection, or serious injury as it takes a number of months for the body to recover its ability to make its own steroid hormones, such as an operation. These effects can sometimes be seen with inhaled steroids (but it is more common with oral steroids), especially when taken at higher-than-recommended doses over a long period of time. In some cases, these effects may be severe. Inhaled steroids often help control symptoms with less side effects than oral steroids.
- If your peak flow meter results decrease, your doctor will tell you the numbers that are right for you.
- If you have any type of heart disease such as coronary artery disease, irregular heart beat or high blood pressure. ADVIR should be used with caution. Be sure to talk with your doctor about your condition because salmeterol, one of the components of ADVIR, may affect the heart by increasing heart rate and blood pressure. It may cause symptoms such as heart fluttering, chest pain, rapid heart rate, tremor, or nervousness.
- If you have seizures, overactive thyroid gland, liver problems, or are sensitive to certain medications for breathing.
- If your breathing problems get worse over time or if your fast-acting inhaler does not work as well for you while using ADVIR. If your breathing problems worsen quickly, get emergency medical care.
- If you have been exposed to or currently have chickenpox or measles or if you have an immune system problem. Patients using medications that weaken the immune system are more likely to get infections than healthy individuals. ADVIR contains a corticosteroid (fluticasone propionate) which may weaken the immune system. Infections like chickenpox and measles, for example, can be very serious or even fatal in susceptible patients using corticosteroids.

How should I take ADVAIR DISKUS?

ADVAIR should be used 1 inhalation, twice a day (morning and evening). ADVIR should never be taken more than 1 inhalation twice a day. The full benefit of taking ADVIR may take 1 week or longer.

If you miss a dose of ADVIR, just skip that dose. Take your next dose at your usual time. Do not take two doses at one time.

Do not stop using ADVIR unless told to do so by your doctor because your symptoms might get worse.

Do not change or stop any of your medicines used to control or treat your breathing problems. Your doctor will adjust your medicines as needed.

When using ADVIR, remember:

- Never drink alcohol while taking ADVIR[®] or salmeterol.
- Always use the DISKUS in a level position.
- After each inhalation, rinse your mouth with water without swallowing.
- Never wash any part of the DISKUS. Always keep it in a dry place.
- Never take an extra dose, even if you feel you did not receive a dose.
- Discard 1 month after removal from the foil overwrap.
- Do not use ADVIR with a spacer device.

Children should use ADVIR with an adult's help as instructed by the child's doctor.

Can I take ADVIR DISKUS with other medications?

Tell your doctor about all the medications you take, including prescription and nonprescription medications, vitamins, and herbal supplements.

If you are taking ADVIR, you should not take SEREVENT[®] DISKUS or Foradil[®] Aerolizer[®] for any reason.

If you take ritonavir (an HIV medication), tell your doctor. Ritonavir may interact with ADVIR and could cause serious side effects. The anti-HIV medicines Norvir[®] Soft Gelatin Capsules, Norvir[®] Oral Solution, and Kaletra[®] contain ritonavir.

No formal drug interaction studies have been performed with ADVIR.

In clinical studies, there were no differences in effects on the heart when ADVIR was taken with varying amounts of albuterol. The effect of using ADVIR in patients with asthma while taking more than 9 puffs a day of albuterol has not been studied.

ADVAIR should be used with extreme caution during and up to 2 weeks after treatment with monocyclic oxides (MAO) inhibitors or tricyclic antidepressants since these medications can cause ADVIR to have an even greater effect on the circulatory system.

ADVAIR should be used with caution in people who are taking ketocazole (an antifungal medication) or other drugs broken down by the body in a similar way. These medications can cause ADVIR to have greater steroid side effects.

Generally, people with asthma should not take beta-blockers because they counteract the effects of beta-agonists and may also cause severe bronchospasm. However, in some cases, for instance, following a heart attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made worse by ADVIR especially at higher-than-recommended doses. Caution should be used when these drugs are used together in clinical studies, or there was no difference in side effects when ADVIR was taken with methyldantines (e.g., gabapentin) or with FLONASE.[®]

What are other important safety considerations with ADVIR DISKUS?

Osteoporosis: Long-term use of inhaled corticosteroids may result in bone loss (osteoporosis). Patients who are at risk for increased bone loss (tobacco use, advanced age, inactive lifestyle, poor nutrition, family history of osteoporosis, or long-term use of drugs such as corticosteroids) should have a greater risk with ADVIR. If you have risk factors for bone loss, you should talk to your doctor about ways to reduce your risk and whether you should have your bone density evaluated.

Glaucoma and cataracts: Glaucoma, increased pressure in the eyes, and cataracts have been reported with the use of inhaled steroids, including fluticasone propionate, a medicine contained in ADVIR. Regular eye examinations should be considered if you are taking ADVIR.

Lower respiratory tract infection: Lower respiratory tract infections, including pneumonia, have been reported with the use of inhaled corticosteroids, including ADVIR.

Blood sugar: Salmeterol may affect blood sugar and/or cause low blood potassium in some patients, which could lead to a side effect like an irregular heart rate. Significant changes in blood sugar and blood potassium were seen infrequently in clinical studies with ADVIR.

Growth: Inhaled steroids may cause a reduction in growth velocity in children and adolescents.

Steroids: Taking steroids can affect your body's ability to make its own steroid hormones, which are needed during infections and times of severe stress to your body, such as an operation. These effects can sometimes be seen with inhaled steroids (but it is more common with oral steroids), especially when taken at higher-than-recommended doses over a long period of time. In some cases, these effects may be severe. Inhaled steroids often help control symptoms with less side effects than oral steroids.

Yeast infections: Patients taking ADVIR may develop yeast infections of the mouth and/or throat ("thrush") that should be treated by your doctor.

Tuberculosis or other untreated infections: ADVIR should be used with caution, if at all, in patients with tuberculosis, herpes infections of the eye, or other untreated infections.

What are the other possible side effects of ADVIR DISKUS?

ADVIR may produce side effects in some patients. In clinical studies, the most common side effects with ADVIR included:

• Respiratory infections	• Bronchitis	• Musculoskeletal pain
• Threat irritation	• Cough	• Dizziness
• Hoarseness	• Headaches	• Fever
• Sore throat	• Nausea and vomiting	• Ear, nose, and throat infections
• Sinus infection	• Diarrhea	• Nosebleed
• Yeast infection of the mouth		

Tell your doctor about any side effect that bothers you or that does not go away. These are not all the side effects with ADVIR. Ask your doctor or pharmacist for more information.

What if I am pregnant, planning to become pregnant, or nursing?

Talk to your doctor about the benefits and risks of using ADVIR during pregnancy, labor, or if you are nursing. There have been no studies of ADVIR used during pregnancy, labor, or in nursing women. Salmeterol is known to interfere with labor contractions. It is not known whether ADVIR is excreted in breast milk, but other corticosteroids have been detected in human breast milk. Fluticasone propionate, like other corticosteroids, has been associated with birth defects in animals (e.g., cleft palate and fetal death). Salmeterol showed no effect on fertility in rats at 180 times the maximum recommended daily dose.

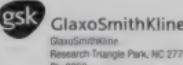
What other important tests were conducted with ADVIR?

There is no evidence of enhanced toxicity with ADVIR compared with the components administered separately. In animal studies with doses much higher than those used in humans, salmeterol was associated with uterine tumors. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests may mean to your safety.

For more information on ADVIR DISKUS

This page is only a brief summary of important information about ADVIR DISKUS. For more information, talk to your doctor. You can also visit www.ADVIR.com or call 1-888-825-5249. Patients receiving ADVIR DISKUS should read the medication guide provided by the pharmacist with the prescription.

ADVAIR DISKUS, FLONASE, SEREVENT, and DISKUS are registered trademarks of GlaxoSmithKline. The following are registered trademarks of their respective manufacturers: Foradil Aerolizer/Novartis, Pharmacia/Corporation, Novir, and Kaiser/Abbott Laboratories.





ChefsResource.com

This 10-in. nickel-plated, cast iron griddle, \$80, is virtually indestructible, says founder turned editor, Ross Smith.

The pan won't melt, peel or chip.

You can never clean it with a wire brush. Unlike standard cast iron, the pan won't give food a metallic taste. It also conducts heat better than stainless steel. Says Smith: "We never sear a steak as well." A 10-in. skillet is available for \$75.



MORE LINKS

CHEFWEAR.COM sells professional chef's jackets and hats in many styles and colors and offers custom embroidery. Feeling a bit lost? SHOPWIKI.COM, a general shopping search engine with an index of 60 million products from 120,000 Web stores, has an *Everything You Need for Your Kitchen* page; click Directory, then Home and Garden, then Kitchenware to get a breakdown by category, product type, material and brand. True to wiki form, the site's users write and edit the buying guides and can even submit video reviews of some items (only clips that pass muster are posted).



Aga-ranges.com

Aga, maker of ultra-fancy cookers that cost \$10,000 or more, recently introduced a more affordable model (hey, it's all relative): the \$4,350 Companion, a cast-iron range with four gas burners and two electric ovens. At a slender 24 in. wide, it can fit almost any size kitchen and comes in 15 colors, including claret, pistachio, chocolate and three shades of blue. Click [Where To Buy](http://WhereToBuy.com) to find a dealer in your ZIP code.

for the COOK

Taste, style and a sense of humor—practical gifts that have it all



Mossonline.com

The Instant Gifts section is organized into categories like Dining and Serving (trunks and trays, elegant handles, stylish corkscrews) and Living and Listening (TV, crane, maglite, \$9, 200). The \$40 strainer, listed under Camping, collapses to save space, but it's so pretty, most other designer housewares you'll find on this site—you may not want to put it away. Also available: bright green or yellow.



PerpetualKid.com

The terrific shopping blog mightygoods.com first turned us on to Perpetual Kid's site and the Ex, a stainless-steel knife set with "cathartic" voodoo-style holder, for \$70. Blades slide in and stay put thanks to magnets inside each body part—er, knife slot. We also dig the site's tiny elephant bottle opener (the trunk works the cap free) for \$8 and the plastic "human" soap dispenser, also \$8; pump the round head, and liquid cleanser squirts out of the mouth.

GXonlinestore.org

A Global Exchange gift says you have good taste and care about working conditions in the Third World. Everything sold here, from the Tunisian pottery to the silver bracelets from Bali, is produced under a fair-trade agreement. These \$24 ball lights from Thailand are made of leftover bits of rayon by members of the Lisu tribe in Chiang Mai.



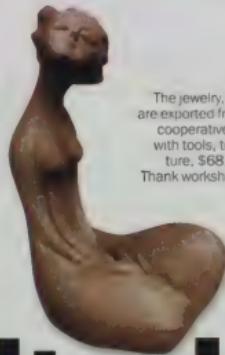
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THE NANNY WITH THE MAGIC TOUCH IS GOING TO NEED ALL HER POWERS ONSTAGE THIS FALL **By RICHARD ZOGLIN**

★We've seen elephants parading down the aisle, wildebeest stampedes, dancing flatware and jungle creatures flying through the air on bungee cords. But ever since the Walt Disney Co. discovered—first with *Beauty and the Beast* and most decisively, in 1997, with *The Lion King*—that its popular movies could have a long and profitable second life onstage, a prim English nanny has been waiting patiently in the wings. She was the star of one of the most beloved of all Disney movies, which boasted a made-to-order musical score—and real human characters to boot, who didn't need any tricky puppets or elaborate stage contraptions to be reborn onstage.

That it took *Mary Poppins*—the 1964 film starring Julie Andrews and based on P.L. Travers' stories—so long to make the leap from screen to stage has to do mainly with boring adult things like copyrights. In 1993 London theater impresario Cameron Mackintosh bought the rights to the *Mary Poppins* stories from their nonagenarian author (who was never happy with the Disney movie, which she felt prettified her material). But Disney had the rights to the film, including the all-important songs. The two eventually got together in a collaboration for the theater history books: Disney, the studio that virtually reinvented the family musical, and Mackintosh, king of the modern megamusical, with a string of hits including *Cats*, *Les Misérables*, *Phantom of the Opera* and *Miss Saigon*.

And yet, when it finally opens on Broadway next week, the lavish and lovely stage version of *Mary Poppins* will be flying into a stiffer headwind than it could ever have expected. Here's the medicine with the spoonful of sugar: a lot has changed in the nine years since *The Lion King*'s innovative mix of puppetry, dance and set design transformed Broadway. The era of the giant musical spectacle is in eclipse. The real news on Broadway over the past few seasons has been the success of smaller, edgier musicals: shows like *Urinetown*, *Avenue Q* and *The 25th Annual Putnam County Spelling Bee*. A decade ago, these musicals would have been content to settle for a small but enthusiastic coterie of off-Broadway fans. Now they're moving to Broadway, having long runs and stealing Tonys away from the big boys.

The trend is even more striking this fall. Choreographer Twyla Tharp, who had a surprise hit four years ago with *Movin' Out*, her dance interpretation of Billy Joel music, is attempting a similar feat with *The Times They Are A-Changin'*, based on the songs of Bob Dylan. A more problematic show with a murky story line, it is set in a grungy-chic circus that is more distracting than illuminating. But there's no mistaking that it's a musical with a personal vision—not to mention one of the best sound tracks on Broadway.

Another small show that has just made the jump from off-Broadway to on: *Grey Gardens*, a surprisingly fresh and moving expansion of the 1975 documentary about two eccentric relatives of Jacqueline Kennedy Onassis living in squalor in East Hampton, N.Y. It made the risky move with help from its incandescent star, Christine Ebersole, who rounded up the first chunk of financing herself. Still to come is an even more unlikely Broadway transfer: *Spring Awakening*, an adaptation of Frank Wedekind's play about coming of age in repressive Germany in the late 19th century. The music is post-*Rent* rock; the sets are little more than rows of dowdy school desks. There's onstage masturbation, an abortion and a suicide. Leave the kids at home.



SMASH & TALK From left, Michael Arden and Sharp's dancers pay tribute to Dylan's songs; Ebersole steals the show in *Grey Gardens*; the agonies of adolescence in *Spring Awakening*

The rise of the edgy little shows is partly a reaction to the effects-laden, can-you-top-this grandiosity of so many stage musicals of the '80s and '90s. Those falling chandeliers and hovering helicopters may once have been visually startling and dramatically potent, but after a while you get tired of applauding the sets. Add to that a subtle resentment by the guardians of Broadway tradition over the huge success of Disney. Some feared that the company's deep pockets and corporate approach (developing and marketing several shows at the same time, movie studio-style) would squeeze out the small producers, who typically cobble together investors one show at a time.

In reality, little has changed. Most Broadway shows are still produced the old-fashioned, cobbled-together way (although some of those investors are now big corporations). And that does not necessarily make the shows better or more reflective of a personal vision. "What I love about Disney," says Mackintosh, "is it's actually carrying on the tradition of one person producing a show."

(that would be Tom Schumacher, head of Disney's theatrical division, who has overseen every Disney stage show since *The Lion King*). "What I hate now is a conglomeration, where there's more producers on top of the bill than actors on the stage."

Indeed, the backlash against the big pop-musical extravaganzas is an unfortunate symptom of the split—in theater more than almost any other art form—between the works that critics and theater aficionados hail and the ones that, very often, draw huge audiences. Most of the big-musical extravaganzas that have gone on to long Broadway runs in the past couple of decades, from *Cats* to *Wicked*, have done so despite tepid or negative initial reviews.

And the scorn that's routinely heaped on Disney's "theme-park" approach to theater has become code language for a fusty prejudice in favor of old-fashioned literary theater at the expense of the visual, aural and, yes, magical delights that can make seeing a show onstage a unique imaginative experience. So strong is the backlash

Ms. Poppins (Brown), charges and friends on the London rooftops

that *Tarzan*, Disney's latest, critically denounced show, couldn't even snag a Tony nomination for its dazzling sets or the inventive aerial choreography by Pichón Baldinu, co-founder of the experimental De La Guarda troupe. ("Between you and me," announced director-designer Bob Crowley, accepting a Tony for his more pedestrian work on *The History Boys*, "I should have won it for the other one.")

So, can a big, square, family-friendly show like *Mary Poppins* make it in a season in which hip curios are in vogue? Poor *Mary* has already got some preopening scolding. Despite its two-year, nearly sold-out run in London (and an advance sale of more than \$20 million in the U.S.), some have deemed the show too dark for delicate American kids. The chief culprit: a new number called *Temper, Temper*, in which toys in the children's bedroom come to life. The fears are silly; *Pinocchio* was scarier. But the concerns are rather sweet—as if the critics were inventing some bad behavior for their goody-goody friend to make sure she gets accepted into the cool kids' club.

In fact, *Mary Poppins* is not just a big, eye-pleasing production; it's Disney's most endearing, human-scaled and emotionally satisfying musical yet. The familiar Sherman Brothers score has been updated with seven new tunes (by George Stiles and Anthony Drewe), which blend in seamlessly—in some cases, even better than that, since they're more integral to character and plot, like *Mary*'s sprightly, perfectly apropos opening number, *Practically Perfect*. The show strikes a nice balance between stage daze—avant-garde choreographer Matthew Bourne brings statuary to life and defies gravity in more ways than one—and dramatic heft with a script (by *Gosford Park* screenwriter Julian Fellowes) that goes beyond the movie, adding material from other Travers stories.

All this subtly shifts the focus away from the children and their nanny (a spunky, Americanized Mary played by newcomer Ashley Brown) and to the adults. When the uptight Mr. Banks begins to panic that he may lose his job at the bank, there's real pain and poignancy as his crusty shell starts to crumble. (Mrs. Banks: "If you have problems, I want to share them." Mr. Banks: "Believe me, you will.") This *Mary* becomes a show less about children than about the loss of childhood—and about how adults learn to be parents. Which is just what a big show needs: a big subject.

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"I HAVE A GOOD LIFE TO OFFER DAVID"

Madonna, facing criticism about the son she's adopting, comes out swinging

ON OCT. 12, MADONNA AND her husband Guy Ritchie were granted temporary custody of a 13-month-old Malawian orphan named David Banda. This sparked a storm of accusations, ranging from the criminal (that Madonna used her fame to bypass adoption procedures) to the scathing (that Madonna is a dilettante, treating an African child as this season's must-have accessory). The legal issue has been laid to rest—no laws were violated—but Madonna still had plenty to get off her chest in a rare print interview with TIME's Josh Tyrangiel.

Why do you think people are so upset that you adopted a Malawian child? People or the media? Because I don't think people really give a s---. But when you throw in things like I'm a celebrity and I somehow got special treatment, or make the implication of kidnapping, it gets mixed into a stew, and it sells lots of papers. What they should care about is that there are over a million orphans in Malawi. I think there's a certain amount of nationalism and racism thrown in there. There's a lot of Brits—reporters on the street—who've said, "Why don't you adopt a kid from Britain?" Or "Why did you adopt a black child?" So a lot of hang-ups and "isms" are mixed into this too.

One of the "isms" that you're accused of is dilettantism. There's a perception that you're bandwagon jumping and

bringing a child into it too. I don't care. Which is better? That I found out about an issue and instantly wanted to take action, or that it took me years to get my s--- together? Look, I could have joined the U.N. and become an ambassador and visited various countries and just kind of showed up and smiled and looked concerned. But that's not getting to the root of the problem—and by the way, neither is building orphanage centers and giving people food and medicine. [Editor's note: As reported earlier in TIME, Madonna's foundation is raising about \$1.5 million to create a center for some of Malawi's AIDS orphans as well as financing a documentary on Malawian children.] But it's a start. And whether I have earned the right to do it, or the respect of people who think I may not have the right to do it, is completely irrelevant.

... AND CHILD
The star is also funding an orphanage in the boy's native Malawi



For more questions and answers from Madonna's interview go to time.com

You met Mr. Banda once, in a courtroom. What did you say to him? Obviously when you're sitting across from the father, it's really heart wrenching. I said, "I feel for you, and I want what's best for David. So if you want him, I don't want to take your son from you. I just want to save his life. I can't live in Malawi. I can't move my family here. But there's another option. I can just give you money, and you can raise him." And he said no. But he still had a very hangdog expression.

Look, his wife dies, his three other children die, the guy's been grieving and been through hell. He gives his last son to an orphanage at the age of 2 weeks... to a certain extent he was ready to move on with his life. Then suddenly I show up, and someone from the village says, "Hey, this white woman"—he didn't know who I was—"wants to adopt your

child!" And once the press got involved, everyone said, "Oh, God, now we better cross our t's and dot our i's to make sure we actually aren't jumping queues."

So the idea that people think I got an easy ride is ludicrous. I have never worked so hard for anything in my life, and I've never been given such a hard time. And by the way, say I did cut the queue. Say I did cheat and not have to wait two years to adopt a child. Well, good for me! Do you know how many children are going to die in the next two years? It's a stupid law. Change the law.

Do you worry that you've saved this child from physical misery only to introduce him to a much more abstract kind of misery? There were hordes of photographers documenting his arrival in England. Well, my other children are exposed to that, and they're not miserable. I think I have a very good life and a good life to offer David. You know, it's like the old saying, civil rights don't mean s--- if you're dead. Even if I'm the worst mother in the world, I'm still better than death! [Laughs.]

Is being Madonna still as fun as it used to be? Fun? Oh, I don't know. Fun. [Several-second pause.] Fun's kind of an overrated word. It's not smooth sailing by any means, but I enjoy a great deal of it; otherwise, I wouldn't do it. But I also know that if you're going to try and change things, you'd better be prepared to find yourself in the headquarters of hell. That's just how it works. There is a part of me that is secretly enjoying pissing people off, because I know that when you're pissing people off, you're often doing the right thing. What I hope I'm doing better now than I used to do is picking the right battles to fight and not just being provocative for the sake of being provocative.

James Poniewozik

Intimate Strangers

ONE MUST NEVER UNDERESTIMATE THE PRESCIENCE OF Ashton Kutcher. Critics panned his 2004 thriller *The Butterfly Effect*, but its title popularized an obscure concept of chaos theory—that small acts can beget far-flung consequences, as a butterfly's flapping its wings can trigger a storm thousands of miles away. Deep stuff for the guy who punk'd Justin Timberlake.

Two years later, we have a butterfly infestation: movies and TV are obsessed with stories about the random connections among

vast, multinational and multilingual casts of strangers. *Crash* won the Best Picture Oscar for a story of multicultural Angelenos brought into conflict by circumstance. This year *Babel* has Oscar buzz for spinning a wider web: an American couple vacationing in Morocco; the goatherd boy who, testing a new rifle by firing it at the tourists' bus, hits the wife; the couple's nanny, who takes their children on a disastrous day trip to Mexico; and the deaf Japanese girl improbably connected to all these events. TV dramas like *Lost* and *Heroes* have global ensembles whose lives are intertwined before they ever meet. One man's winning lottery numbers are another man's key to the universe (*Lost*); the fate of the world depends on a Japanese nerd's saving an American cheerleader he doesn't know (*Heroes*).

On one level, this butterfly-fiction trend is just a variation on the classic dorm-room-stoner epiphany: that everything is, like, connected, dude. But it also rings true with our lives, which are linked to those of strangers around the world today in ways we sense but can't quite comprehend. We are at "war" against loose networks of enemies with no uniform or flag. Our jobs are at the mercy of vast global webs. We make sprawling (if shallow) ties through social-networking websites. We worry if our emissions will come back to us as global warming, if our foreign policy will come back to us as terrorism. A guy halfway around the world could read your X-rays, take your outsourced job, become your best MySpace friend or crash a plane into your office.

Earlier peoples also believed their lives could be changed by distant, unseen beings. They called these entities angels, demons and gods. Today, the complex world that travel, communications and other technologies have created can likewise

seem as if moved by mystic forces. If *Lost* is a jungle of quasi-shamanistic kismet, it resonates because our world appears that way too. In *Babel*, *Heroes* and their forebears—from *Magnolia* to the novels of Thomas Pynchon—even if the connections may be contrived, they feel authentic. That guy in the next car on the freeway could change my life someday! If I save the cheerleader, I can save the world!

Butterfly fiction is not necessarily political. But when it is, it has an affinity with liberalism, perhaps because of its focus on how individuals can be shaped—or ruined—by societal systems. *Crash* was a 10-car pileup of pieties about race relations. Emilio Estevez's hyperearnest film *Bobby* (opening later this month) juxtaposes the 1968 assassination of progressive martyr Robert F. Kennedy—portrayed messianically as the last, best hope for the race- and war-torn U.S.—with the imbricated stories of 22 characters. (One of whom is

played by ... Ashton Kutcher. Coincidence? I think not!)

And *Babel* trots out favorite lefty stereotypes, from Third World victims to ugly Americans (and, to be fair, other ugly Westerners). The Moroccan kid who uses a bus for target practice comes off as a poor naif—if he were American, Hollywood would probably treat him as an example of our sick, gun-crazy society. The American couple are the kind of self-absorbed Yanks who jet off to a poor country to be "alone" among thousands of peasants, guarded and distanced from their surroundings, taking their Cokes without ice so as not to drink the water.

Whatever sententious hoo-ha *Babel* is freighted with, however, there is a larger point in it and its butterfly-fiction cohort that cuts across political boundaries: that in the globalization, global-warming, global-terror era, other people's problems are our own, and class privilege and a U.S. passport are no force field. (Indeed, *Babel*'s story of Americans in mortal peril among foreigners even echoes, if inadvertently, a Bush Administration refrain: that we are no longer protected by two big oceans.) You can argue the politics and the art of *Babel* and company. It is harder to argue their premise: in a troubled, interdependent world, we all have to drink the water. ■



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Charm Offensive

Hollywood aims to please the old-fashioned way in two new films

MOVIES USED TO SAIL ON charm. Gorgeous stars would purr their smooth patter, smile their way out of embarrassing entanglements and seal their conquest of a co-star—and a worldwide audience—with a kiss. Today that sounds so old, but it was the standard for a half-century. Once in a while a director makes a movie that tries to recapture that warm feeling. It's harder than it looks, as a couple of new films prove.

A Good Year, directed by Ridley Scott and written by Marc Klein from the Peter Mayle novel, practically does back-flips to win you over. It tosses London investment banker Max Skinner (Russell Crowe) into a sleepy town in Provence, where, be warned, he will get life and love lessons from the locals. It's like *Cars* but without the animation, if you know what I mean.

Crowe, despite his loutish rep, is forever surprising viewers by slipping snugly into the disparate characters he plays. This time he surprises by failing. Oh, he can do engaging as smartly as he does stalwart or tortured, but he gets sabotaged by the cloying script. Even before a long, agonizingly unfunny scene that Skinner spends at the bottom of an empty swimming pool, the film's desperate smile has turned into a rictus. Don't expect to be beguiled by *A Good Year*. That would be like trying to warm your hands at an artificial fireplace.

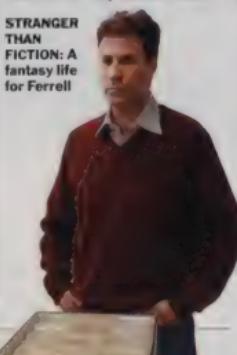
Stranger Than Fiction has a

surer aim at getting through the brain to the heart. Zack Helm's script imagines a decent, solitary fellow named Harold Crick (Will Ferrell), then springs the notion that he may well be a fiction—a character in a work in progress by reclusive novelist Karen (Kay) Eiffel (Emma Thompson). And when Kay figures out how to kill off the character, Harold will die.

A more sensitive Ferrell in a script that plays like Charlie Kaufman Lite: that should send up breakthrough and Oscar signals. It doesn't quite, though. The movie is clever, but a little too pleased with its own clockwork intricacy. Director Marc Forster and a tony cast (Dustin Hoffman, Maggie Gyllenhaal, Queen Latifah) hit every punch line with a gong, and Ferrell, who's quiet and fine, seems as lost among them as Harold is in his suddenly fictional world.

Where does that leave old-fashioned movie charm? Waiting for someone to bring Cary Grant back to life. —By Richard Corliss

STRANGER THAN FICTION: A fantasy life for Ferrell



A GOOD YEAR: Crowe tries *joie de vivre* in Provence

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Drawing Conclusions

Roz Chast, expert chronicler of small things, has released a big book about life's little humiliations



ROZ CHAST DOES OWN A ruler. Probably. But it doesn't see a lot of use. She's just not that interested in straight lines. "Sometimes they look very harsh to me," she says. "I like a little wigglyness. It's like a little conversation that you're just having with somebody. I like to be taken seriously, but I don't want anybody to think this is life and death. I'm not their oncologist."

No, she is not. A small, excitable woman with large glasses, Chast is arguably the greatest living practitioner of a minor art, that of the magazine cartoon, and her work is now collected in a very large book titled *Theories of Everything* (Bloomsbury; 394 pages). Generally speaking, a cartoonist is somebody who draws little pictures that make people laugh. Chast's drawings do that, but they also do much more.

Chast, 51, wasn't supposed to be a cartoonist. When she was at the Rhode Island School of Design in the 1970s, she wanted to be a painter. "Cartooning was not anything that was looked on very positively," she says. "You were trying to communicate with people, which was very tacky. Definitely a no-no." Fortunately, she wasn't very good at painting, so she turned her efforts elsewhere. Some artists take years to evolve their individual sensibility, but Chast was Chast from the very first cartoon she sold, which was titled "Little Things." It's the first cartoon in *Theories of Everything*, and it depicts, well, little things: tiny, humble, abstract doodles with nonsensical names like *tiv* and *spak* and *chent*. When you look at "Little Things," you don't laugh. You experience some amused, melancholy,

thoughtful emotion that is uniquely Chastian.

She lives in a small house in Connecticut that when I visit is covered with unusually elaborate Halloween decorations. Chast has a husband, two children—one of whom is picking a banjo upstairs—and two very vocal parrots that say things like "Waffles!" and "Look, damn it!" and, for some reason, "What a big toast!" For 28 years, she has sent half a dozen ideas to the *New Yorker* every Tuesday and then waited to see which would be accepted. True to her characters, she gets very anxious about it. "It does not get any easier. At all. It's horrible!"

Chast's cartoons are like entire novels compressed into 4-in. by 3-in. rectangles. One consists of four panels showing ordinary people just reading, sewing, cleaning. The title: "Tuesday Night Fever." It's *Madame Bovary* writ small. Then there's the one showing the front window of an "Adult Book Shoppe," which displays such salacious titles as *Making a Will* and *What Is a Mortgage?*

Her calculatedly amateur-wiggly-style gives her drawings an unpretentious air that allows viewers to be surprised by their greatness. But however ardently they flirt with profundity, Chast's cartoons are always rooted in the regular humiliations of daily life. Earlier this year, a cartoon came to her full blown, right on the sofa where she's sitting for this interview. Her daughter was doing her homework and listening to a CD. "Sometimes you just kind of want to see if they're paying any attention to you, you know?" Chast says. "So I started to do a little dance to the music." She demonstrates. "And she just looked up and said, 'Mom, stop it. You're hurting me.' And I just—it was like, that was it." —By Lev Grossman



AUTHOR PHOTO

Her cartoons are like novels in 4-in. by 3-in. rectangles

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An old master gives us an exemplary what-not-to-do list in her new book

By PICO IYER

ALICE MUNRO SPINS TALES THAT SHOW us, again and again, and with wondrous grace, how much can be done in a simple short story. Yet the 74-year-old Canadian does it by breaking every rule ever taught in a writing seminar, setting up a master class along the sidelines. Her latest—her 11th—collection of stories, *The View from Castle Rock* (Knopf; 349 pages), marks a departure from her usual examinations of women in rural Canada leaving home to remake their possibilities by drawing instead on family documents, his-



ALICE THE WONDER: Munro heads in a more historical direction in her new collection

torical records (from 19th century Scotland) and what feels like memoir to piece together, in 12 parts, a fictionalized chronicle of how her tough-minded clan got from the Ettrick Valley near Edinburgh to America. Yet it shows, as usual, how to draw gasps from other writers by defying the laws of

gravitas as effortlessly as Michael Jordan defied those of gravity.

Pocket the \$30,000 you would otherwise spend on an M.F.A. writing degree, and just consider her example(s):

1) Don't think you need special effects or big-budget drama: *Castle Rock* takes its ini-

The bad news:
Your movie is sold out.

tial cues from everyday letters and diaries and just lets them enjoy a new life in the imagination. A girl walking to school in rural Ontario in 1942 can be riveting—if you describe the walk in the voice of her future self, in the city, many years later.

2) Don't eschew the plain. In one typical exchange here, 38 spoken words out of 39 are just one syllable long (the exception is "cannot"). In a later story, 37 straight words last one syllable each.

3) Don't assume you know more than your characters do, or condescend, even to children. A young girl, Munro's alter ego, tells an affluent employer how, where she comes from, "children walked barefoot until the frost came in order to save on shoe leather" and people ate "dandelion leaves, nothing else, for supper." Just as we're shaking, she admits (to us only) that not all of this is strictly true—and so tells us as much about the sly, storytelling imagination of the girl as about rural

circumstances that really were desperate.

4) Don't try to make your characters consistent. Life doesn't. A janitor abruptly decides he will become a writer, while his glamorous wife, selling fox capes in a big hotel, suddenly, while still young, develops Parkinson's. Munro's fiction seems uncannily true to the world because destiny plays havoc with characters' circumstances even when they don't do the same themselves.

5) Don't get beyond yourself. Wandering around a church, a narrator realizes, of belief (though it could apply to much else), "You must always take care of what's on the surface, and what is behind, so immense and disturbing, will take care of itself."

6) Don't give us a steady point of view. Describing her family's long passage across the ocean, Munro swerves like a roaming camera from one heart to the next, and the happy result is that we see all her people as they seem to themselves—but also as they look to everyone else.

7) Don't stick to what you know firsthand. A recurring theme that binds these pieces together is of people talking with the dead. This is possible, some in the book suspect, so long as you've drunk enough brandy.

8) Don't look away from anything. Blessed with a farmer's unsentimental eye, Munro offers up a clear, highly practical explanation of how you kill a trapped fox.

9) Don't be linear or too sensible. That what-happened-after-the-story-ended appendix? Put it in the middle, as in the story "Lying Under the Apple Tree," so that the end of the narrative can have its full kick and bite.

10) Don't be afraid of going where you've never been before. There may be a tad less assurance and narrative latticework in these memory pieces than in Munro's more familiar masterworks, as she experiments with different voices (old Scottish), different settings (the 19th century), different structures (one piece lasts 61 pages). Yet all the stories ultimately come back to her master themes, of sloughing off the world one knows and trying on a new life that's unimaginable.

See Michael Jordan run a fast break backward.

Don't try to make your characters consistent.

Life doesn't



The good news: Your movie is sold out.

Don't let erectile dysfunction (ED) hold you back from a fulfilling sexual experience.

- Viagra is prescribed for all degrees of ED, even if it only happens once in a while
- Maintaining an erection is important. It's just as important as getting a firm erection. Viagra can help with both.
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Ask your doctor if Viagra is right for you. And enjoy what it can do to help you improve your sex life.

VIAGRA is prescribed to treat erectile dysfunction. We know that no medicine is for everyone. If you use nitrate drugs, often used for chest pain (known as angina), don't take VIAGRA. Taking these drugs together could cause your blood pressure to drop to an unsafe level.

Talk with your doctor first. Make sure you are healthy enough to have sex. If you have chest pain, nausea, or other discomforts during sex, seek medical help right away.

Although erections lasting for more than four hours may occur rarely with all ED treatments in this drug class, to avoid long-term injuries, it is important to seek immediate medical help.

In rare instances, men taking PDE5 inhibitors (oral erectile dysfunction medicines, including VIAGRA) reported a sudden decrease or loss of vision. It is not possible to determine whether these events are related directly to these medicines or to other factors. If you experience sudden decrease or

loss of vision, stop taking PDE5 inhibitors, including VIAGRA, and call a doctor right away.

The most common side effects of VIAGRA are headache, facial flushing, and upset stomach. Less common are bluish or blurred vision, or being sensitive to light. These may occur for a brief time. Remember to protect yourself and your partner from sexually transmitted diseases.

Please see our patient summary of information for VIAGRA (25 mg, 50 mg, 100 mg) tablets on the following page.

VIAGRA is available on most Managed Care Plans.* VIAGRA is one of several ED treatments that you and your doctor can consider.

*Percent of members by formulary status for HMOs, PPOs and POS for Viagra Formulary Compass™ MediMedia USA, Inc. May 2006

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answers

This summary contains important information about VIAGRA®. It is not meant to take the place of your doctor's instructions. Read this information carefully before you take any VIAGRA. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about VIAGRA.

This medicine can help many men when it is used as prescribed by their doctors. However, VIAGRA is not for everyone. It is intended for use only by men who have a condition called erectile dysfunction. VIAGRA must never be used by men who are taking medicines that contain nitrates at any time, at any time. This includes nitroglycerin. If you take VIAGRA with any nitrate medicine your blood pressure could suddenly drop to an unsafe or life threatening level.

What is VIAGRA?

VIAGRA is a pill used to treat erectile dysfunction (impotence) in men. It can help men who have erectile dysfunction get and keep an erection when they become sexually excited (stimulated).

You will not get an erection just by taking this medicine. VIAGRA helps a man with erectile dysfunction get an erection only when he is sexually excited.

How Sex Affects The Body

When a man is sexually excited, the penis rapidly fills with more blood than usual. The penis then expands and hardens. This is called an erection. After the man is done having sex, this extra blood flows out of the penis back into the body. The erection goes away. If an erection lasts for a long time (more than 6 hours), it can permanently damage your penis. You should not have sex if you are sexually excited if you have ever had a prolonged erection that lasts more than 4 hours.

Some conditions and medicines interfere with this natural erection process. The penis cannot fill with enough blood. The man cannot have an erection. This is called erectile dysfunction if it becomes a frequent problem.

During sex, your heart works harder. Therefore, sexual activity may not be desirable for people who have heart problems. Before you start any treatment for erectile dysfunction, ask your doctor if your heart is healthy enough to handle the extra strain of having sex. If you have chest pains, dizziness or nausea during sex, stop having sex and immediately tell your doctor. You have had a problem!

How VIAGRA Works

VIAGRA enables many men with erectile dysfunction to respond to sexual stimulation. When a man is sexually excited, VIAGRA helps the penis fill with extra blood to cause an erection. After sex is over, the erection goes away.

VIAGRA is Not for Everyone

An erection (How Sex Affects The Body), ask your doctor if your heart is healthy enough for sexual activity.

If you take any medicines that contain nitrates – either regularly or as needed – you should never take VIAGRA. If you take VIAGRA with any nitrate medicine or recreational drug containing nitrates, your blood pressure could suddenly drop to an unsafe level. You could get dizzy, faint, or even have a heart attack or stroke. VIAGRA are found in many prescription medicines that are used to treat angina (chest pain due to heart disease) such as:

- Nitroglycerin (sprays, ointments, skin patches or pastes, and tablets that are swallowed or dissolved in the mouth)
- Isosorbide mononitrate and isosorbide dinitrate (tablets that are swallowed, chewed, or dissolved in the mouth)

Nitrates are also found in recreational drugs such as amyl nitrite or nitrite ("poppers"). If you are not sure if any of your medicines contain nitrates, or if you do not understand what nitrates are, ask your doctor or pharmacist.

VIAGRA is only for patients with erectile dysfunction. VIAGRA is not for newborns, children, or women. Do not let anyone else take your VIAGRA. You must be used only under a doctor's supervision.

What VIAGRA Does Not Do

- VIAGRA does not cure erectile dysfunction. It is a treatment for erectile dysfunction.
- VIAGRA does not protect you or your partner from getting sexually transmitted diseases, including HIV—the virus that causes AIDS.
- VIAGRA is not a hormone or an aphrodisiac.

What To Tell Your Doctor Before You Begin VIAGRA

Only your doctor can decide if VIAGRA is right for you. VIAGRA can cause mild, temporary lowering of your heart pressure. You will need to have a thorough medical exam to diagnose your erectile dysfunction and to find out if you can safely take VIAGRA alone or with your other medicines. Your doctor should determine if your heart is healthy enough to handle the extra strain of having sex.

Be sure to tell your doctor if you:

- Have ever had any heart problems (e.g., angina, chest pain, heart failure, irregular heart beats, heart attack or narrowing of the heart's arteries)
- Have ever had a stroke
- Have low or high blood pressure
- Have ever had severe vision loss.
- Have a rare inherited eye disease called retinitis pigmentosa
- Have ever had any kidney problems
- Have ever had any liver problems
- Have ever had any blood problems, including sickle cell anemia or leukemia
- Are allergic to sildenafil or any of the other ingredients of VIAGRA

- Have a deformed penis, Peyronie's disease, or ever had an erection that lasted more than 4 hours
- Have stomach ulcers or any types of bleeding problems
- Are taking any other medicines

VIAGRA and Other Medicines

Some medicines can change the way VIAGRA works. Tell your doctor about any medicines you are taking. Do not start or stop taking any medicines before checking with your doctor or pharmacist. This includes prescription and nonprescription medicines or remedies

- Remember: VIAGRA should never be used with medicines that contain nitrates (see VIAGRA Is Not for Everyone)

- If you are taking medicines called alpha-blockers for the treatment of high blood pressure or prostate problems, your blood pressure could suddenly drop. You could get dizzy or faint.
- If you are taking a prostate inhibitor, your dose may be adjusted (please see Finding the Right Dose for You).

- VIAGRA should not be used with any other medical treatments that cause erections. These treatments include pills, medicines that are injected or inserted into the penis, implants or vacuum pumps

Finding the Right Dose for You

VIAGRA comes in different doses (25 mg, 50 mg and 100 mg). If you do not get the results you expect, talk with your doctor. You and your doctor can determine the dose that works best for you.

- Do not take more VIAGRA than your doctor prescribes

- If you think you need a larger dose of VIAGRA, check with your doctor!
- VIAGRA should not be taken more than once a day

Your doctor may prescribe a lower dose of VIAGRA in certain circumstances. For example:

- If you are older than age 65, or have serious liver or kidney problems, your doctor may start you at the lowest dose (25 mg) of VIAGRA

- If you are taking prostate inhibitors, such as for the treatment of HIV your doctor may recommend a 25 mg dose and may limit you to a maximum single dose of 25 mg of VIAGRA in a 48 hour period.

- If you have prostate problems or high blood pressure for which you take medicines called alpha-blockers, your doctor may start you on a lower dose of VIAGRA

How To Take VIAGRA

Take VIAGRA about 1 hour before you plan to have sex. Beginning in about 20 minutes, and for up to 4 hours, VIAGRA can help you get an erection if you are sexually excited. If you take VIAGRA after a high-fat meal (such as a cheeseburger and french fries), the medicine may take a little longer to start working. VIAGRA can help you get an erection when you are sexually excited. You will not get an erection just by taking the pill.

Possible Side Effects

Like all medicines, VIAGRA can cause some side effects. These effects are usually mild to moderate and usually last longer than a few hours. Common side effects include: mild headache, flushing of the face, and upset stomach. Less common side effects that may occur are temporary changes in color vision (such as double seeing the difference between blue and green objects or having a blue color tinge to them), eyes being more sensitive to light, or blurred vision.

In rare instances, men taking PDES inhibitors, oral erectile dysfunction medicines, including VIAGRA) reported a sudden decrease or loss of vision in one or both eyes. It is not possible to determine whether events in one or both eyes are related to these medicines or other factors such as high blood pressure or diabetes, or to a combination of these. If you experience sudden decrease or loss of vision, stop taking PDES inhibitors, including VIAGRA, and call a doctor right away.

In rare instances, men have reported an erection that lasts many hours. You should call a doctor immediately if you ever have an erection that lasts more than 4 hours. If not treated right away, permanent damage to your penis could occur (see How Sex Affects The Body). Heart attack, stroke, irregular heart beats, and death have been reported rarely in men taking VIAGRA. Most, but not all, of these men had heart problems before taking this medicine. It is not possible to determine whether these events were directly related to VIAGRA.

VIAGRA may cause other side effects besides those listed on this sheet. If you want more information or develop any side effects or symptoms you are concerned about, call your doctor.

Accidental Overdose

In case of accidental overdose, call your doctor right away.

Storing VIAGRA

Keep VIAGRA out of the reach of children. Keep VIAGRA in its original container. Store it at 25°C (77°F) excursions permitted to 15-30°C (59-86°F) [see USP Controlled Room Temperature].

For More Information on VIAGRA

VIAGRA is a prescription medicine used to treat erectile dysfunction. Only your doctor can decide if it is right for you. This sheet is only a summary. If you have any questions or want more information about VIAGRA, talk with your doctor or pharmacist, visit www.viagrap.com, or call 1-888-4VIAGRA.

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THESE DAYS

VINCE GILL

FOR THREE decades, Gill has been

country's Gary Cooper—a heroically modest pro's pro, with a range that extends from earnest ballads to really earnest ballads. This four-disc set of 43 original tracks, all of which Gill wrote or co-wrote, is downright Garthian in its ambition—and it changes everything. Each disc covers different musical terrain—bluegrass, jazz, Southern rock, country—has well-cast guests (Bonnie Raitt shines) and reveals Gill as an astonishingly dexterous guitar player and singer. A few songs miss, but more than enough hit to make this collection, priced with characteristic humility at \$29.95, one of the best of the year.



▼ SONGBIRD

WILLIE NELSON

WITH SEVEN original scattershot

albums since 2003—including one of just reggae covers—Nelson formally entered the doodling phase of his career. A collaboration with fellow profligate Ryan Adams (a mere five albums in three years) would seem like the exact wrong move, but as a producer, Adams brings along his excellent backing band, the Cardinals, and a shrewd instinct for songs that keep Willie focused. The two originals and nine covers—including Gram Parsons' \$1000 Wedding and Leonard Cohen's Hallelujah—are so



THRILLS FROM GILL: Four discs worthy of Vince

LONG ISLAND SHORES

MINDY SMITH

SMITH GETS filed under

country because her songs tell little stories (the title track is about a family reunion that ends with a trip to a grave), but she's really a hybrid of folk and adult pop: equal parts Patty Griffin and Norah Jones. For lyrics, this native New Yorker leans on just a few evocative nouns, and her melodies grow in the wide open spaces between delicately played guitar chords. Her singing on the standouts You Just Forgot and Please Stay is cool and restrained—not from an absence of feeling but from an excess.

▼ IT JUST COMES NATURAL

GEORGE STRAIT



STRAIT HAS 53 No. 1 country hits, a number so high that it loses meaning.

Luckily, there's a track on the old Texan's new album that illuminates his commercial genius. Why Can't I Leave Her Alone starts out as your basic

5 ALBUMS FROM COUNTRY'S CLASSIEST ACTS

Put a spring in your step this fall with new releases from some twangy greats

good that Nelson resists the temptation to oversell them and returns to the effortless speak-singing that made his greatest hits so poignant. Best of all is a closing minor-key version of *Amazing Grace*: Nelson and Adams add an Animals-like organ to this most clichéd of spirituals and take it on a trip to the *House of the Rising Sun*.



LIKE RED ON A ROSE

ALAN JACKSON

AN ALL-BALLAD album from a chronic sentimentalist is the reason a music critic needs a thesaurus. (Did you know there are at least 40 synonyms for *corny*?) But Jackson is a sentimentalist with a minimalist's taste in lyrics, so tracks like *The Firefly's Song* ("I don't want you like I used to/ This old man wants you more") feel honest, especially when sung in his regal baritone. Fellow minimalist Alison Krauss produces, and bans take-it-up-a-notch! key changes and swollen strings. What's left is something worthy of a really good antonym.

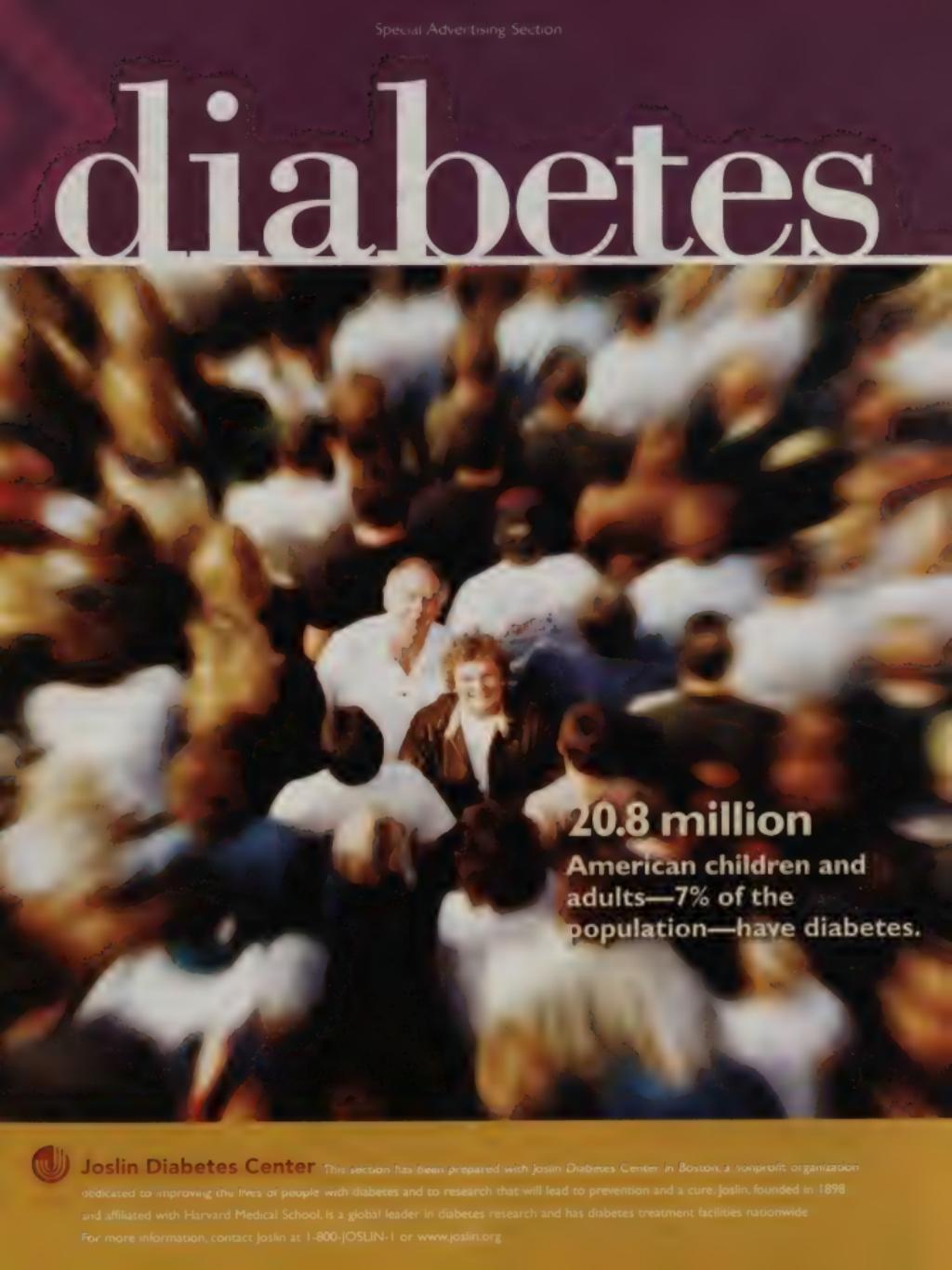


country stalking song, but with the melody of a rock power ballad. Strait's vocals swing from flash-free, honky-tonk lows to top-of-his-range quavering highs. Then the song gets funny—"I've wrote her letters signed I was a fool/ She wrote me back saying go find a stool/ And driiiiiink one"—and Strait laughs and cries in his beer. It's a sure bet No. 1 for No. 54.

—By Josh Tyrangiel



diabetes



20.8 million

**American children and
adults—7% of the
population—have diabetes.**



Joslin Diabetes Center

This section has been prepared with Joslin Diabetes Center in Boston, a nonprofit organization dedicated to improving the lives of people with diabetes and to research that will lead to prevention and a cure. Joslin, founded in 1898 and affiliated with Harvard Medical School, is a global leader in diabetes research and has diabetes treatment facilities nationwide.

For more information, contact Joslin at 1-800-JOSLIN-1 or www.joslin.org

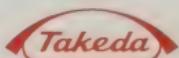
See Diabetes from a New Perspective



For 225 years, Takeda has strived toward better health for individuals and progress in medicine by developing superior pharmaceutical products.

Today, as the largest Japanese pharmaceutical company, we are a leader in the fight against diabetes. We have developed breakthrough drugs that help people with type 2 diabetes experience healthier lives. And our work extends to education programs that promote good nutrition and exercise. Now, our research is continuing with a new generation of drugs that will provide a new perspective on how to defeat diabetes and obesity.

Uncompromising Commitment to Global Health



Takeda Pharmaceutical Company Limited

Diabetes Research:

advancing toward a cure

George L. King, M.D.

Research Director and Head of the Section on
Vascular Cell Biology, Joslin Diabetes Center;
Professor of Medicine, Harvard Medical School

This is an incredibly exciting time in diabetes research. In the past, we only had one promising approach to a cure for type 1 diabetes. Now we have several possibilities related to a cure, and even prevention, for both type 1 and type 2 diabetes.

Previously, research toward a cure was focused on transplantation of islet cells, which are insulin-producing cells found in the pancreas. In type 1 diabetes, the body's immune system turns on itself and destroys these islet cells. As a result, the body can't produce the insulin required to escort glucose from the food we eat to where it is needed—into the cells of the body's muscles and other organs. We are now focusing on understanding this immune attack in hopes of finding safe ways to block it. Several ongoing studies are using our knowledge of immunology in an effort to intervene and prevent type 1 diabetes.

Another important effort is directed at regenerating islet cells—to produce

insulin again—either through the use of stem cells (embryonic or adult) or by other methods. We are hopeful that a large number of people with type 1 diabetes may have some surviving islet cells to regrow. This optimism has been raised by the recent finding that many type 1 diabetes patients may have remaining islets that have retained some function to make insulin. A recent Joslin study of people who have lived more than 50 years with type 1 diabetes indicated that even some of these patients can still make insulin.

Much attention is also being aimed at the causes of type 2 diabetes. The main theory involves inflammation. Joslin researchers have pursued this idea from the basic science level, now resulting in a multicenter clinical trial of humans taking anti-inflammatory drugs to see if these drugs will decrease the incidence of type 2 diabetes.

In addition, diabetes investigators are working on understanding how islet cells malfunction in type 2 diabetes. What is the genetic basis for this? Why can islets in some people continue to compensate by making more and more insulin for many years without getting diabetes, whereas others can't keep up with the increased demand? Our goal is to improve the compensation mechanism to prevent type 2 diabetes, and Joslin investigators are now clinically testing ways to do this.

Progress in Preventing Complications

There have also been breakthroughs in

understanding and preventing diabetes complications. Over many years, high glucose levels can damage blood vessels and nerves in the eyes, kidneys and other organs throughout the body.

Research that I have pursued for 25 years, for example, has led to the development of a potential new drug. The new drug called ruboxistaurin (RBX) appears to reduce the occurrence of moderate vision loss due to diabetes. This drug evolved from a discovery: Joslin scientists uncovered a major signaling pathway by which high amounts of glucose damage blood vessels. RBX blocks a form of an enzyme that is activated in blood vessels in the eyes, kidney and heart.

Diabetes affects so many different parts of the body. To find solutions, we must bring together different types of experts so problems can be attacked from various angles. For example, cardiovascular disease is a significant diabetes-related complication that has to be tackled from several perspectives. Genetics researchers concentrate on the genetic changes of people with diabetes that make them vulnerable to cardiovascular problems, such as heart attacks and stroke. Other scientists focus on the impact of insulin on the blood vessels. Finally, researchers who specialize in metabolism study the significance of exercise on improving the use of glucose through the body, which might also have an effect in preventing cardiovascular disease.

Many research findings have already moved us toward new treatments. And for every new strategy that succeeds, millions of people will benefit.



Diabetes researcher using a laser scanning microscope to view islet cells in a bioengineering and genetic research laboratory.



There's relief for pain like this.

Do you feel burning pain in your feet? Or uncomfortable tingling, numbness, stabbing or shooting sensations?

If so, you may have nerve pain. This type of pain is different from other kinds of pain. Common pain medicines like aspirin may not work very well for this kind of pain. Ask your doctor if LYRICA® can help. Prescription LYRICA is one of several pain relief treatments for you and your doctor to consider. LYRICA was specially designed to relieve two common types of nerve pain, Diabetic Nerve Pain and Pain after Shingles. LYRICA works on the nerves that cause pain to provide the relief you need. Which is a step in the right direction.

LYRICA is not for everyone. Some of the most common side effects of LYRICA are dizziness and sleepiness. Others are dry mouth, swelling of hands and feet, blurry vision, weight gain, and trouble concentrating. You may have a higher chance of swelling or gaining weight if you are also taking certain diabetes medicines. And, if you drink alcohol or take medicines that make you sleepy, you may feel more sleepy when you start LYRICA. You should not drive a car or work with machines until you know how LYRICA affects you. Tell your doctor about any changes in your eyesight, muscle pain along with a fever or tired feeling, or skin sores due to diabetes. Also tell your doctor if you are planning to father a child. If you have had a drug or alcohol problem, you may be more likely to misuse LYRICA. You should talk with your doctor before you stop taking LYRICA or any other prescription medication.

Please see important product information on adjacent page.

Talk to your doctor about LYRICA.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

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IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may make you feel dizzy or sleepy.

- Do not drive a car, work with machines, or do other dangerous things until you are sure you will be alert. Ask your doctor when it is okay to do these things.

LYRICA may cause problems with your eyesight, including blurry vision. Call your doctor if you have any changes in your eyesight.

ABOUT LYRICA

LYRICA is a prescription medicine used to treat:

- Nerve pain from diabetes
- Nerve pain that continues after the rash from shingles heals

This pain can be sharp or burning. It can feel like tingling, shooting, or numbness. Some people taking LYRICA had less pain by the end of the first week. LYRICA may not work for everyone.

WHO IS LYRICA FOR?

Who can take LYRICA:

- Adults 18 years or older with nerve pain from diabetes or after shingles

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA
- LYRICA has not been studied for nerve pain in children under 18 years of age.

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions.

Tell your doctor if you:

- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused drugs or alcohol. LYRICA may cause some people to feel "high."
- Are either a man or a woman planning to have children or a woman who is breast-feeding, pregnant, or may become pregnant. It is not known if LYRICA may decrease male fertility, cause birth defects, or pass into breast milk.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal products. Tell your doctor if you take:

- Rosiglitazone (Avandia®)* or pioglitazone (Actos®)** for diabetes
- Narcotic pain medicines such as oxycodone, tranquilizers, or medicines for anxiety such as lorazepam
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- Dizziness and sleepiness
- Eyesight problems
- Weight gain and swelling of hands and feet. Weight gain may affect control of diabetes. Weight gain and swelling can be serious for people with heart problems.
- Unexplained muscle pain, soreness, or weakness along with a fever or tired feeling. If you have these symptoms, tell your doctor right away.
- Skin sores. In LYRICA studies, skin sores were seen in animals but not in humans. If you have diabetes, pay extra attention to your skin. Tell your doctor about any skin problems.

The most common side effects of LYRICA are:

• Dizziness	• Weight gain
• Sleepiness	• Trouble concentrating
• Swelling of hands and feet	• Dry mouth
• Blurry vision	

You may have a higher chance of swelling or gaining weight if you are taking certain diabetes medicines with LYRICA. Medicines that already make you sleepy or dizzy may make you feel more sleepy or dizzy with LYRICA.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor may tell you to take it 2 or 3 times a day.
- Take LYRICA with or without food.

Don't:

- Do not drive a car or use machines if you feel sleepy while taking LYRICA.
- Do not drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Do not change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Do not start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to www.lyrica.com or call 1-888-9-LYRICA (1-888-959-7422).



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Growing Older

and staying healthy with diabetes

Medha Munshi, M.D.

Director, Geriatrics Clinic, Joslin Diabetes Center;
Director, Outpatient Geriatric Program at Beth
Israel Deaconess Medical Center; Instructor in
Medicine, Harvard Medical School

Chances are you or someone you know has diabetes. One out of every five people over age 60 has the disease. Diabetes is a complicated disease to manage, and for older adults with many other health issues, it can be overwhelming.

Diabetes care is necessarily left in the hands of the person with diabetes, who "self-manages" by monitoring blood glucose, taking medications and/or insulin, following diet plans and getting more physical activity. Goals for diabetes care for older adults and the plan for how to achieve them should take into account their unique challenges. We don't treat a 10-year-old child with diabetes as we would a 40-year-old adult, and we should not treat an 80-year-old the same way either.

Our overall goal is for older adults with diabetes to have the best quality of life possible. And that can't happen if they are having trouble following through with care instructions due to undiagnosed depression, memory problems or other medical conditions.

Who Is Old?

There is something to be said for the saying "You are as young as you feel." Medicare sets 65 as the age for eligibility, but that by no means answers the question: "Who is old?" Many people with diabetes over age 65 are managing quite well—they eat in moderation,

are physically active and have a positive outlook on life.

But then there are some older adults who may have just been diagnosed and are having trouble coping with the required changes in routine. Others may have had diabetes for years, but then had a stroke or heart attack or lost significant vision, and their blood glucose control has suddenly deteriorated. With major changes such as these, their diabetes management goals need to be reassessed.

Unique Challenges

Several conditions occur more commonly in older adults with diabetes. A major reason why some older adults have a difficult time is that they are experiencing "cognitive dysfunction": abnormalities in brain function that make it hard to problem-solve, plan and organize and be attentive. Depression is also highly prevalent in older patients, as are vision and hearing impairments, leading to difficulty coping with daily



activities. Diabetes should be seen in the context of these and other medical conditions.

While we are good at identifying vision and hearing impairments, and screening for cardiovascular problems, cognitive dysfunction and depression often go undiagnosed. Our recently published research shows that one-third of our patients in the Joslin Geriatrics Clinic have cognitive problems associated with poor diabetes control.

People with diabetes are roughly twice as likely to be depressed than those without diabetes. In our study of patients older than 70, we also found that more than one-third have symptoms of depression. Once identified, we can treat cognitive dysfunction or depression, which can improve quality of life—and probably diabetes control as well.

Family members are most likely to see subtle changes of cognitive dysfunction or depression in their loved ones. Signs that an older adult with diabetes should be screened for these conditions include:

- Blood glucose control that is suddenly worse
- Subtle changes in mental status, such as being more forgetful about monitoring or taking medications; or making more mistakes
- Sudden difficulty coping, or acting more stressed
- Less socially active or showing other signs of depression, such as sadness, hopelessness or isolation from friends and family. »

Growing older and staying healthy with diabetes (cont.)

stay active

The best advice for people of all ages is to stay physically active. Exercise is the closest thing we have to a fountain of youth. We find that those in their 90s who are in good health are most often physically active and have exercised most of their lives. It is never too late, however, to start and gain the benefits.

Not only does physical activity help reduce blood glucose levels, it improves blood pressure and cholesterol levels, as well as heart and lung function. It helps us feel energetic instead of tired all the time. We lose muscle mass as we age, but this can be slowed if we do some type of resistance training, which strengthens muscles and improves balance. Aerobic exercise—such as walking, stationary bicycling and swimming—which increases the heart rate, is also important for improving diabetes control and heart and lung health.

Falls and fear of falling are common concerns among older adults, but shouldn't be a reason to avoid exercise. Modified exercises can be performed under supervision and are often offered at senior centers, gyms or by physical therapists at medical centers. It is not a matter of whether you can exercise or not, it is which type of activity you can do. No matter how frail, everyone can exercise—even if it's while sitting in a chair.



Many Meds

Another important aspect of caring for older adults with diabetes is to re-evaluate their medications. For example, for those on insulin there are now once-a-day insulins. Insulin pens with premeasured amounts can help those who face difficulties because of arthritis, impaired vision or cognitive problems. Oral medications may need to be changed or monitored more closely for side effects (such as risk of hypoglycemia) that particularly affect older adults.

Drug interactions are a big problem for anyone on multiple medicines. It is important to bring a complete list of one's medications to every medical visit. It is common to find that one medicine causes a side effect, which is being treated by another medication. It becomes a chain effect. It might be possible to find an alternative to the medication that started the chain, however, making other medications unnecessary.

Simplify, Simplify, Simplify

Goals for diabetes care aim to keep blood glucose levels as near normal as possible to avoid diabetes complications that can develop over time—eye, kidney and nerve disease; heart attacks; and stroke. Blood glucose control is important no matter what one's age. But for older adults, quality of life and safety become most important.

One side effect that occurs in the quest to maintain tight control of blood glucose is hypoglycemia—glucose levels falling too low. This is much more dangerous in the elderly, as they could be affected more severely and become confused, delirious, dizzy or weak. A frail person using a cane or a walker who is even mildly hypoglycemic could get dizzy and fall, ending up in a nursing home.

We try to simplify the care plan so that an elderly person with diabetes can follow it without feeling stressed. Our goal is to achieve the best diabetes control possible without any episodes of hypoglycemia. Keeping quality of life in mind, the short-term goal of avoiding these episodes becomes more important than a long-term goal of reducing the risk of complications, for which an occasional episode of hypoglycemia is expected.

The Best Possible Life

An overall objective in the care of older adults is to maintain good quality of life and functional independence. We've seen people with diabetes who had to go to a nursing home because they couldn't manage injections of insulin four times a day or were having too many low blood glucose reactions that could not be managed at home. It was not the disease that put them there—it was the treatment. But this situation can often be prevented. By keeping their unique needs in mind and treating them differently, we can keep older adults healthier and happier longer.



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divas

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We are diabetics

We love our new meters. For tests at home or on the go, nothing gives you all-in-one convenience with the least pain like the ACCU-CHEK® Compact Plus system. A drum of 17 preloaded strips fits inside the meter. Outside is a detachable lancet device—proven least painful.* Find out more at accu-chek.com. Or call 800-858-8072.



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The Heart of the Matter:

diabetes and cardiovascular disease

Om P. Ganda, M.D.

Director, Lipid Clinic, Joslin Diabetes Center;
Associate Clinical Professor of Medicine, Harvard
Medical School

There is a clear-cut relationship between diabetes and cardiovascular disease. Studies from Joslin Diabetes Center many years ago showed a two- to threefold increased incidence of heart disease in patients with diabetes compared with people without diabetes who were being followed in the Framingham Heart Study. Women with diabetes have an even greater risk of heart disease compared with those of similar age who do not have diabetes. In fact, cardiovascular disease (leading to heart attack and stroke) is by far the most frequent cause of death in both men and women with diabetes.

Another major component of cardiovascular disease is poor circulation in the legs, which contributes to a greatly increased risk of foot ulcers and amputations.

Several advances in treating heart disease over the past two decades have improved the chances of surviving a heart attack or stroke. However, as the incidence of diabetes steadily increases, so does the number of new cases of heart disease and cardiovascular complications.

Unfortunately, in people with

diabetes, improvement in survival after a heart attack has been less than half as much as in the general population.

Not Just One Risk Factor

Diabetes by itself is now regarded as the strongest risk factor for heart disease. However, most likely the risk is not just due to high blood glucose levels, but a variety of mechanisms that interact. The blood vessels in patients with diabetes are more susceptible to other well-established risk factors such as smoking, high cholesterol and high blood pressure. More than 90 percent of patients have one or more of these additional risk factors.

There is evidence that smoking hastens the chance of premature heart disease by an average of 10 years. Some of this increased susceptibility could be due to the long-term effects of inadequate control of blood glucose levels on the tissues; it could also be due to other cell damage related to diabetes. In addition, there is evidence that being overweight, having a sedentary lifestyle and poor blood glucose control contribute to the increased chance of high blood pressure and abnormalities in blood lipids (high cholesterol, high triglycerides, and a low level of HDL, known as the "good cholesterol").

Research on the role of additional risk factors is being studied. There is evidence that patients with diabetes have an increased level of low-grade inflammation of their arterial lining, a process that initiates the blood vessel changes leading to heart disease. Some of the new tests to assess this >>

Cholesterol comes from 2 sources: Food and Family



VYTORIN treats both

You probably know cholesterol comes from food. But what you might not know is that cholesterol has a lot to do with family history. VYTORIN treats both sources of cholesterol.

Only VYTORIN helps block the absorption of cholesterol that comes from food and reduces the cholesterol that your body makes naturally. A healthy diet is important, but when it's not enough, adding VYTORIN can help.

In clinical trials, VYTORIN lowered bad cholesterol more than Lipitor® alone. VYTORIN contains two cholesterol medicines: Zetia® (ezetimibe) and Zocor® (simvastatin) in a single tablet.

Please read the Patient Product Information on the adjacent page.

Important information: VYTORIN is a prescription tablet and isn't right for everyone, including women who are nursing or pregnant or who may become pregnant, and anyone with liver problems.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. VYTORIN may interact with other medicines or certain foods, increasing your risk of getting this serious side effect. So, tell your doctor about any other medications you are taking.

To learn more, simply call 1-877-VYTORIN or visit vytorin.com.

Continue to follow a healthy diet, and ask your doctor about adding VYTORIN.



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Schering-Plough

To find out if you qualify, call 1-800-347-7503

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VYTORIN
(ezetimibe/simvastatin)

Treat the 2 sources of cholesterol.

VYTORIN® (ezetimibe/simvastatin) Tablets

Patient Information about VYTORIN (Vi-tor-in)

Generic name: ezetimibe/simvastatin tablets

Read this information carefully before you start taking VYTORIN. Review this information each time you refill your prescription for VYTORIN as there may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about VYTORIN, ask your doctor. Only your doctor can determine if VYTORIN is right for you.

What is VYTORIN?

VYTORIN is a medicine used to lower levels of total cholesterol, LDL (bad) cholesterol, and fatty substances called triglycerides in the blood. In addition, VYTORIN raises levels of HDL (good) cholesterol. It is used for patients who cannot control their cholesterol levels by diet alone. You should stay on a cholesterol-lowering diet while taking this medicine.

VYTORIN works to reduce your cholesterol in two ways. It reduces the cholesterol absorbed in your digestive tract, as well as the cholesterol your body makes by itself. VYTORIN does not help you lose weight.

Who should not take VYTORIN?

Do not take VYTORIN:

- If you are allergic to ezetimibe or simvastatin, the active ingredients in VYTORIN, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section at the end of this information sheet.
- If you have active liver disease or repeated blood tests indicating possible liver problems.
- If you are pregnant, or think you may be pregnant, or planning to become pregnant or breast-feeding.

VYTORIN is not recommended for use in children under 10 years of age.

What should I tell my doctor before and while taking VYTORIN?

Tell your doctor right away if you experience unexplained muscle pain, tenderness, or weakness. This is because on rare occasions, muscle problems can be serious, including muscle breakdown resulting in kidney damage.

The risk of muscle breakdown is greater at higher doses of VYTORIN.

The risk of muscle breakdown is greater in patients with kidney problems.

Taking VYTORIN with certain substances can increase the risk of muscle problems. It is particularly important to tell your doctor if you are taking any of the following:

- cyclosporine

- danazol
- antifungal agents (such as itraconazole or ketoconazole)
- fibric acid derivatives (such as gemfibrozil, bezafibrate, or fenofibrate)
- the antibiotics erythromycin, clarithromycin, and telithromycin
- HIV protease inhibitors (such as indinavir, nelfinavir, ritonavir, and saquinavir)
- the antidepressant nefazodone
- amiodarone (a drug used to treat an irregular heartbeat)
- verapamil (a drug used to treat high blood pressure, chest pain associated with heart disease, or other heart conditions)
- large doses (≥ 1 g/day) of niacin or nicotinic acid
- large quantities of grapefruit juice (>1 quart daily)

It is also important to tell your doctor if you are taking coumarin anticoagulants (drugs that prevent blood clots, such as warfarin).

Tell your doctor about any prescription and nonprescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- drink substantial quantities of alcohol or ever had liver problems. VYTORIN may not be right for you.
- are pregnant or plan to become pregnant. Do not use VYTORIN if you are pregnant, trying to become pregnant or suspect that you are pregnant. If you become pregnant while taking VYTORIN, stop taking it and contact your doctor immediately.
- are breast-feeding. Do not use VYTORIN if you are breast-feeding.

Tell other doctors prescribing a new medication that you are taking VYTORIN.

How should I take VYTORIN?

- Take VYTORIN once a day, in the evening, with or without food.
- Try to take VYTORIN as prescribed. If you miss a dose, do not take an extra dose. Just resume your usual schedule.
- Continue to follow a cholesterol-lowering diet while taking VYTORIN. Ask your doctor if you need diet information.
- Keep taking VYTORIN unless your doctor tells you to stop. If you stop taking VYTORIN, your cholesterol may rise again.

What should I do in case of an overdose?

Contact your doctor immediately.

What are the possible side effects of VYTORIN?

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking VYTORIN and during treatment.

In clinical studies patients reported the following common side effects while taking VYTORIN: headache and muscle pain (see What should I tell my doctor before and while taking VYTORIN?).

The following side effects have been reported in general use with either ezetimibe or simvastatin tablets (tablets that contain the active ingredients of VYTORIN):

- allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing (which may require treatment right away), rash, hives; joint pain; alterations in some laboratory blood tests; liver problems; inflammation of the pancreas; nausea; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on VYTORIN. This is not a complete list of side effects. For a complete list, ask your doctor or pharmacist.

General Information about VYTORIN

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VYTORIN for a condition for which it was not prescribed. Do not give VYTORIN to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about VYTORIN. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about VYTORIN that is written for health professionals. For additional information, visit the following web site: vytorin.com.

Inactive ingredients:

Butylated hydroxyanisole NF, citric acid monohydrate USP, croscarmellose sodium NF, hydroxypropyl methylcellulose USP, lactose monohydrate NF, magnesium stearate NF, microcrystalline cellulose NF, and propyl gallate NF.

Issued June 2005

 MERCK / Schering-Plough Pharmaceuticals

Manufactured for:
Merck/Schering-Plough Pharmaceuticals
North Wales, PA 19454, USA

The heart of the matter: diabetes and cardiovascular disease (cont.)

inflammation are being evaluated, including C-reactive protein.

Good News About Preventing or Delaying Heart Disease

The increased risk for heart disease often begins years before diabetes is diagnosed. With more than 60 million adults in the U.S. currently at increased risk for developing diabetes, the best way to prevent or delay the development of cardiovascular disease is to prevent diabetes itself. People with increased risk for diabetes can be identified. A large National Institutes of Health-sponsored study, the Diabetes Prevention Program, and other studies have proven that modest weight reduction and a 30-minute exercise routine five days a week can reduce the development of type 2 diabetes over three years by more than 50 percent. Moreover, even people at risk for diabetes or those with pre-diabetes, in addition to those with diabetes, frequently have abnormalities in blood pressure and lipid levels that can be detected and treated to prevent cardiovascular disease.

Weight control and smoking cessation are two important lifestyle measures that have an impact on preventing heart disease. Studies show that even in overweight people, regular physical activity has major cardiovascular benefits.

Over the past 12 years, large-scale research studies around the world show that optimal control of LDL cholesterol (the so-called "bad cholesterol") and blood pressure can prevent adverse cardiovascular outcomes by 30 to 50 percent. The American Diabetes Association and the American Heart Association recommend an LDL cholesterol goal in all adults with diabetes of less than 100 mg/dL. In people who already have heart disease, a more desirable LDL cholesterol goal should be less than 70 mg/dL, based on more recent studies. The blood pressure goal in all patients with diabetes is less than 130/80.

Studies have proven that modest weight reduction and a 30-minute exercise routine five days a week can reduce the development of type 2 diabetes over three years by more than 50 percent.

In most people with diabetes, reaching these blood pressure targets may require two or more medications. Fortunately, we have safe and effective medications to help patients meet these lipid and blood pressure goals.

In addition, good control of blood glucose levels and the use of low-dose aspirin can add to these benefits. For A1C tests—a measure of average blood glucose levels over the preceding two to three months—the goal is less than 7 percent. Current studies are investigating if the ideal cut-off should be even lower, such as 6.5 percent. This is particularly important for the increasing number of younger people developing diabetes.

In spite of much progress, less than 30 percent of people with diabetes are achieving the proper blood pressure and lipid goals, and less than 50 percent of patients are at the A1C goal of less than 7 percent. Although this can be partly related to access to medical care and cost of medications, a major factor is lack of proper communication and patient education.

What Other Measures Are Good for the Heart?

Evidence exists that diabetes is associated with a state of what is called "increased oxidative stress," a chemical process reflecting subtle injury to body



tissues over time. However, studies carried out so far offer no proof that taking antioxidants such as vitamins E or C, or beta-carotene, has any beneficial role in preventing cardiovascular disease. Similarly, reducing homocysteine levels through folic acid and other vitamin supplements has not yet been proven beneficial. What is important is that one should consume a balanced, nutritious, fiber-rich diet that includes naturally available nutrients from fruits and vegetables in adequate amounts, and pay more attention to the proven benefits from the treatment goals outlined above. Eating fish twice a week or taking two or three omega-3 fish oil pills daily also appears to be protective. Taking a multi-vitamin daily may be appropriate until we have evidence of benefits for any additional supplements.

A number of studies suggest that alcohol in moderate amounts may be good for the heart. However, excessive use of alcohol is a major cause of liver disease, accidents and cancer in our society. It is prudent for women to limit their daily intake to one alcoholic beverage, and for men, two.

california almonds



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Take some California almonds in your car or on the road to satisfy those midday hunger attacks.

TAKE 'EM TO WORK

Toss some in your desk drawer and you'll have a healthy snack ready to go.

TAKE 'EM TO SCHOOL

Keep some in your kid's lunchbox or backpack for a quick, easy way to satisfy those midday hunger attacks.

TAKE 'EM TO THE GYM

Keep a jar of California almonds in your gym bag for a quick, healthy snack after a hard workout.

ROAST 'EM FOR EXTRA FLAVOR

Spread whole natural almonds on a microwave-safe plate. Microwave on high 4-5 minutes, stir halfway through, let cool before eating. Then you're good to go!

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VISIT www.almonds.com

Diabetes: epidemic in the united states

Diabetes by the Numbers

20.8 million American children and adults—7% of the population—have diabetes.

14.6 million Diagnosed

6.2 million Undiagnosed

54 million Americans with pre-diabetes

2 million teens aged 12-19 who have pre-diabetes

\$132 billion Total estimated economic cost of diabetes in 2002 (includes direct medical costs and indirect costs attributed to disability, work loss and premature mortality)

1 out of every 10 health care dollars is spent on diabetes and its complications

The ABCs of Diabetes

The National Diabetes Education Program was established to increase public awareness of early detection and better treatment of diabetes to prevent its complications. It is jointly organized by the Centers for Disease Control and Prevention and the National Institutes of Health, along with more than 200 health care organizations and private sponsors. Among its major initiatives are making the public aware of the ABCs of Diabetes: A for A1C, B for blood pressure control and C for cholesterol; and of the Small Steps, Big Rewards Program to Prevent Type 2 Diabetes. Various information and public service announcements are available in many languages at www.ndep.nih.gov.

Other Related Links

www.joslin.org
www.cdc.gov
diabetes.niddk.nih.gov

1 in 500 kids and teens has type 1 diabetes



This is Lilly. She has diabetes. One in about every 500 kids and teens has type 1 diabetes. Youngsters like Lilly, along with the 20 million other Americans who have diabetes, dream of the day when life without this disease is not just a hope—but a reality.

Joslin Diabetes Center not only cares for 23,000 patients like Lilly every year, but Joslin is dedicated to curing diabetes. Lilly and millions of others are counting on Joslin and the generosity of individuals like you to give them high hopes for a world without diabetes.

To give the gift of high hopes today, go to www.joslin.org



High Hopes
FUND



Joslin Diabetes Center

california almonds

ALL IT TAKES IS A HANDFUL A DAY TO BE

SNACK SAVVY & HEART SMART



With California Almonds, better grueling eating habits aren't just good for you, they're delicious. High in vitamin E and low in saturated fat, almonds aren't just good, they're good for you. Because not only are they cholesterol-free, but research shows that eating about an ounce of almonds a day is a great way to keep your cholesterol levels lower. So get in the mood to snack, and keep your heart healthy with California Almonds. Just a handful a day.



American Heart
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Learn and Live

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The Almond Board of California is a proud
sponsor of the American Heart Association's
Choose to Move program.



www.AlmondsAreIn.com

Managing Diabetes

during pregnancy

Florence Brown, M.D.

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Tamara Takoudes, M.D.

Co-Director, Joslin-Beth Israel Deaconess Medical Center Diabetes and Pregnancy Program; Instructor in Medicine, Harvard Medical School

According to the Centers for Disease Control and Prevention, about 1.2 million women of reproductive age (18-44 years) have diabetes.

As this number continues to rise, it is increasingly important for women with diabetes to achieve normal blood glucose levels *before* they become pregnant, because if women have poorly controlled diabetes going into a pregnancy they are at much higher risk for serious fetal complications.

Changing hormones in the body during pregnancy cause blood glucose levels to rise, and high blood glucose levels within the first four to six weeks can result in a 30 to 40 percent chance of having a baby with a birth defect compared with a 2 percent risk in women whose diabetes is in excellent control.

Women with type 1 or type 2 diabetes are also at higher risk for:

- Large birth weight babies, resulting in more Cesarean deliveries and increased complications during delivery
- Premature births or fetal death
- Preeclampsia: a dangerous surge in blood pressure associated with protein in the urine
- Diabetic retinopathy: damage to the retina caused by high glucose levels
- Nephropathy: diabetic kidney disease
- Severe hypoglycemia: episodes of low blood glucose that can result in confusion or unconsciousness

Ensuring a Healthy Pregnancy

The good news is that women with uncomplicated diabetes who keep their blood glucose levels in a normal range before and during pregnancy have about the same chance of having a successful pregnancy as women without diabetes.

We recommend the following blood glucose goals and medical assessments before pregnancy:

- Fasting and pre-meal blood glucose: 80-110 mg/dl
- Blood glucose one hour after meal: 100-155 mg/dl
- A1C, a blood test that measures average blood glucose over two to three months: less than 7 percent
- Review of diabetes and obstetrical history
- Eye evaluations to screen for and discuss risks of diabetic retinopathy
- Renal, thyroid, gynecological and cardiac evaluations

Once pregnant, women should monitor their blood glucose levels four times a day (before breakfast and one hour after every meal). Fasting and pre-meal glucose levels should be between 60 and 99 mg/dl, and one-hour post-meal readings between 100 and 129 mg/dl.

Gestational Diabetes

The other form of diabetes that affects women is gestational diabetes, which develops during pregnancy. Mirroring the epidemic of type 2 diabetes, rates of gestational diabetes are also on the rise in the United States, particularly in the African-American, Latino, Asian-American, American Indian and Alaskan native communities.

Gestational diabetes usually develops between the 24th and 28th weeks of pregnancy and affects about four



percent of all pregnancies. This condition typically ends after birth; however, these women have a 50 percent risk of developing type 2 diabetes over the next 10 to 20 years.

Factors that increase a woman's risk of developing gestational diabetes:

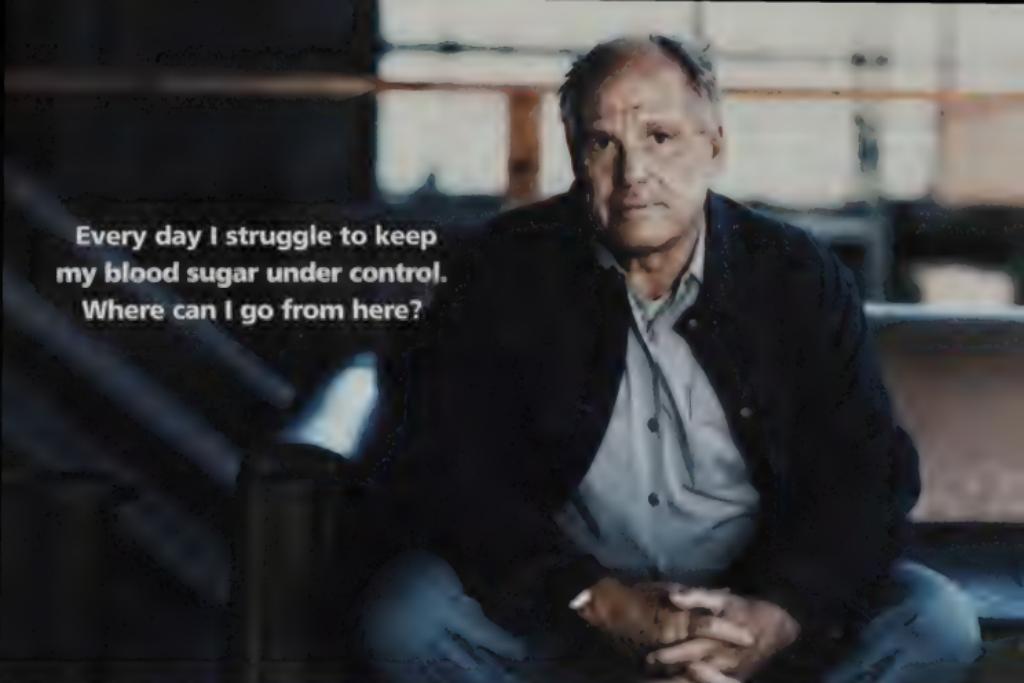
- Obesity
- Previous history of gestational diabetes
- Sugar in the urine
- A parent or sibling with diabetes
- Polycystic ovary syndrome or other glucose metabolism problem
- Previous pregnancy in which the baby weighed more than nine pounds at birth

If you fall into any of these categories, you should be screened early, within the first trimester, for gestational diabetes. Women who find out that they have gestational diabetes should see a nutritionist and diabetes nurse educator, as diet is the first line of therapy.

With careful diabetes management, women can and do have successful pregnancies and healthy babies.

A TIME Special Advertising Section produced by TIME Marketing in collaboration with Joslin Diabetes Center in Boston.

Editor/Creative Services Director: Liza Greene; Art Director: Ray Rualo; Production: Cindy Murphy



**Every day I struggle to keep
my blood sugar under control.
Where can I go from here?**

If you have type 2 diabetes and your blood sugar is still too high, it's time to ask your doctor if adding Avandia is right for you. Avandia works differently than other diabetes medicines by helping your body use its own natural insulin better. Along with diet and exercise, Avandia lowers blood sugar and can help keep it under control.*

Avandia may be taken alone or with other diabetes medicines. Tell your doctor if you have heart problems or heart failure. Avandia can cause your body to keep extra fluid which leads to swelling and weight gain. Extra body fluid can make some heart problems worse or lead to heart failure. If you have swelling or fluid retention, shortness of breath or trouble breathing, an unusually rapid increase in weight, or unusual tiredness while taking Avandia, call your doctor right away. You should not take Avandia if you have liver problems. Blood tests should be used to check for liver problems before starting and while taking Avandia. Tell your

doctor if you have liver disease, or if you experience unexplained tiredness, stomach problems, dark urine or yellowing of skin while taking Avandia. Tell your doctor about all of the medicines you are taking. If you are taking Avandia with another diabetes medicine that lowers blood sugar, you may be at increased risk for low blood sugar. Ask your doctor whether you need to lower the dose of your other diabetes medicine. Avandia may increase your risk of pregnancy. Talk to your doctor before taking Avandia if you could become pregnant or if you are pregnant. If you are nursing, you should not take Avandia. Your doctor should check your eyes regularly. Very rarely, some people have experienced vision changes due to swelling in the back of the eye while taking Avandia.

**Please see Patient Information for Avandia on adjacent page.
*Individual results may vary.**

Call 1-800-Avandia or visit www.Avandia.com

Ask your doctor about Avandia today.

Avandia
rosiglitazone maleate



If you don't have prescription coverage
visit www.avandia.com or call 1-888-477-2661

PATIENT INFORMATION – Rx only

AVANDIA® (ah-VAN-dee-a)

Rosiglitazone Maleate Tablets

Read the Patient Information that comes with AVANDIA before you start taking the medicine and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about AVANDIA, ask your doctor or pharmacist.

What is AVANDIA?

AVANDIA is a prescription medicine used with diet and exercise to treat type 2 ("adult-onset" or "non-insulin dependent") diabetes mellitus ("high blood sugar"). AVANDIA may be used alone or with other anti-diabetic medicines. AVANDIA can help your body respond better to insulin made in your body. AVANDIA does not cause your body to make more insulin.

Before you take AVANDIA, you should first try to control your diabetes by diet, weight loss, and exercise. In order for AVANDIA to work best, it is very important to exercise, lose excess weight, and follow the diet recommended for your diabetes.

The safety and efficacy of AVANDIA have not been established in children under 18 years of age.

What is Type 2 Diabetes?

Type 2 diabetes happens when a person does not make enough insulin or does not respond normally to the insulin their body makes. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, heart disease, loss of limbs, and blindness. The main goal of treating diabetes is to lower your blood sugar to a normal level. Lowering and controlling blood sugar may help prevent or delay complications of diabetes such as heart disease, kidney disease or blindness. High blood sugar can be lowered by diet and exercise, by certain medicines taken by mouth, and by insulin shots.

Who should not take AVANDIA?

Do not take AVANDIA if you are allergic to any of the ingredients in AVANDIA. The active ingredient is rosiglitazone maleate. See the end of this leaflet for a list of all the ingredients in AVANDIA.

Before taking AVANDIA, tell your doctor about all your medical conditions, including if you:

- have heart problems or heart failure. AVANDIA can cause your body to keep extra fluid (fluid retention), which leads to swelling and weight gain. Extra body fluid can make some heart problems worse or lead to heart failure.
- have type 1 ("juvenile") diabetes or had diabetic ketoacidosis. These conditions should be treated with insulin.
- have a type of diabetic eye disease called macular edema (swelling of the back of the eye).
- have liver problems. Your doctor should do blood tests to check your liver before you start taking AVANDIA and during treatment as needed.
- had liver problems while taking REZULIN® (troglitazone), another medicine for diabetes.
- are pregnant or trying to become pregnant. It is not known if AVANDIA can harm your unborn baby. You and your doctor should talk about the best way to control your high blood sugar during pregnancy.
- are a premenopausal woman (before the "change of life") who does not have regular monthly periods. AVANDIA may increase your chances of becoming pregnant. Talk to your doctor about birth control choices while taking AVANDIA.
- are breastfeeding. It is not known if AVANDIA passes into breast milk. You should not use AVANDIA while breastfeeding.
- are taking prescription or non-prescription medicines, vitamins or herbal supplements. AVANDIA and certain other medicines can affect each other and lead to serious side effects including high blood sugar or low blood sugar. Keep a list of all the medicines you take. Show this list to your doctor and pharmacist before you start a new medicine. They will tell you if it is okay to take AVANDIA with other medicines.

How should I take AVANDIA?

- Take AVANDIA exactly as prescribed. Your doctor will tell you how many tablets to take and how often. The usual daily starting dose is 4 mg a day taken once a day or 2 mg taken twice a day. Your doctor may need to adjust your dose until your blood sugar is better controlled.
- AVANDIA may be prescribed alone or with other anti-diabetic medicines. This will depend on how well your blood sugar is controlled.
- Take AVANDIA with or without food.
- It can take 2 weeks for AVANDIA to start lowering blood sugar. It may take 2 to 3 months to see the full effect on your blood sugar level.
- If you miss a dose of AVANDIA, take your pill as soon as you remember, unless it is time to take your next dose. Take your next dose at the usual time. Do not take a double dose to make up for a missed dose.
- If you take too much AVANDIA, call your doctor or poison control center right away.

• Test your blood sugar regularly as your doctor tells you.

• Diet and exercise can help your body use its blood sugar better. It is important to stay on your recommended diet, lose excess weight, and get regular exercise while taking AVANDIA.

• Your doctor should do blood tests to check your liver before you start AVANDIA and during treatment as needed. Your doctor should also do regular blood sugar tests (for example, "A1C") to monitor your response to AVANDIA.

• Your doctor should check your eyes regularly. Very rarely, some patients have experienced vision changes due to swelling in the back of the eye while taking AVANDIA.

What are possible side effects of AVANDIA?

- heart failure. AVANDIA can cause your body to keep extra fluid (fluid retention), which leads to swelling and weight gain. Extra body fluid can make some heart problems worse or lead to heart failure.
- swelling (edema) from fluid retention. Call your doctor right away if you have symptoms such as:
 - swelling or fluid retention, especially in the ankles or legs
 - shortness of breath or trouble breathing, especially when you lie down
 - an unusually fast increase in weight
 - unusual tiredness
- low blood sugar (hypoglycemia). Lightheadedness, dizziness, shakiness or hunger may mean that your blood sugar is too low. This can happen if you skip meals, if you use another medicine that lowers blood sugar, or if you have certain medical problems. Call your doctor if low blood sugar levels are a problem for you.
- weight gain. AVANDIA can cause weight gain that may be due to fluid retention or extra body fat. Weight gain can be a serious problem for people with certain conditions including heart problems. Call your doctor if you have an unusually fast increase in weight.
- low red blood cell count (anemia).
- ovulation (release of egg from an ovary in a woman) leading to pregnancy. Ovulation may happen in premenopausal women who do not have regular monthly periods. This can increase the chance of pregnancy.
- liver problems. It is important for your liver to be working normally when you take AVANDIA. Your doctor should do blood tests to check your liver before you start taking AVANDIA and during treatment as needed. Call your doctor right away if you have unexplained symptoms such as:
 - nausea or vomiting
 - stomach pain
 - unusual or unexplained tiredness
 - loss of appetite
 - dark urine
 - yellowing of your skin or the whites of your eyes.

The most common side effects of AVANDIA included cold-like symptoms, injury, and headache.

How should I store AVANDIA?

• Store AVANDIA at room temperature, 59° to 86°F (15° to 30°C). Keep AVANDIA in the container it comes in.

• Safely, throw away AVANDIA that is out of date or no longer needed.

• Keep AVANDIA and all medicines out of the reach of children.

General information about AVANDIA

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use AVANDIA for a condition for which it was not prescribed. Do not give AVANDIA to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes important information about AVANDIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about AVANDIA that is written for healthcare professionals. You can also find out more about AVANDIA by calling 1-888-825-5249 or visiting the website www.avandia.com.

What are the ingredients in AVANDIA?

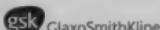
Active Ingredient: rosiglitazone maleate

Inactive Ingredients: hypromellose 2910, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol 3000, sodium starch glycolate, titanium dioxide, triacetin, and 1 or more of the following: synthetic red and yellow iron oxides and talc.

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GHETTO GOURMET:
Diners feast on the chef's special at an underground restaurant set in a San Francisco loft

SECRET SUPPERS

By JOEL STEIN

I'M PRETTY JADED, BUT I HAD NO IDEA THAT PEOPLE were getting sick of restaurants. Apparently, though, hipster foodies in cities from Portland, Ore., to Melbourne, Australia, find the whole look-at-the-menu, eat-the-food, pay-the-check monotony so soul crushing that they're taking refuge in underground restaurants arranged by groups like the Oakland, Calif., outfit Ghetto Gourmet. You pay online, show up at someone's house and sit next to strangers while an

off-duty chef prepares a fixed menu of whatever surreal creations he or she has always wanted to try: rabbit adobo, fried grasshoppers, Brie ice cream. It's like a salon for people who don't read.

I liked the sound of that, so when I heard that Ghetto Gourmet was coming to Los Angeles, I prepaid my \$50 (via PayPal) and started salivating. The

Tired of white tablecloths? Try rabbit adobo in a stranger's home

night before the event, the location was e-mailed: the courtyard of a Koreatown apartment building. I was told to bring my own wine and a pillow to sit on. Since Ghetto Gourmet events aren't adver-

tised or listed anywhere, you have to hear about them from friends. All this is partly to make it seem more exciting and partly because running a restaurant out of a house isn't particularly legal.

There was a hippie vibe to the event, perhaps because we were outdoors, or because there was a guy playing jazz on an accordion, or because of the misspellings on the printed menu, or because the guests recited impromptu poetry, or because the Ghetto Gourmet's logo of a skull with chef's hat hung on a sheet, or maybe it was just because our host kept taking long hits off a joint.

Jeremy Townsend, the original Ghetto Gourmet, came up with the idea when his brother, a line cook, wanted

to try some dishes. They started in their house. Two years and one visit from a health inspector later, Townsend took his idea mobile, trying out chefs in other cities. "My ultimate dream is to tour the country like a rock band, except with dinner parties," he says.

The concept behind these events is that restaurants are impersonal, stuffy and not nearly adventurous enough. "What if you could actually cuss and high-five people and lick the plate?" Townsend asks. The answer, of course, is that you would never go to that restaurant again. Still, there is something exciting about sitting on a pillow grabbed from a couch and stuffing steamed white roughy and green-mango salsa into a savory shiitake-mushroom doughnut that I know damn well the Man doesn't want me to eat.

"When you take an opera singer out of the opera house and put her in a living room, people get goose bumps," says Townsend, trying to describe the experience. I suppose if you're single, meeting people by eating great food prepared in a bad kitchen probably beats volunteering for charities. But to me, underground restaurants feel a little '90s, infused with that anticorporate, Burning Man, do-it-yourself zine enthusiasm. I'm glad they exist, but the sad truth is, much as I wish it weren't true, I would rather sit antisocially at a stuffy restaurant where no one is reading poetry at me. And where they have chairs.



BATTER UP: GLAM OPTIONS TO EMPHASIZE LASHES

Once the province of showgirls, fake eyelashes are a key part of this season's vamped-up look. Fashionable women are flocking to Shu Uemura, the Japanese cosmetics company known for its precision-made makeup brushes and a selection of falsies that range from natural to rainbow colored. Its over-the-top Tokyo Lash Bar collection includes ornate feather lashes, above and below, and lashes studded with crystals. For \$350, a Shu Uemura lash stylist will provide the ultimate service to amplify your eyes: extensions. It takes two hours to apply an extension to each individual lash, but the technique leaves your lashes looking voluminous for more than a month. —By Betsy Kroll



PUNKED, AGAIN

Call it a '70s revival: black nail polish seems to be back in force—witness the popularity of Chanel's new Black Satin, a best seller for fall.



DARK BEAUTY

It's not punk inspired (although black nail polish is all the rage again), and it doesn't look burlesque, but a decidedly dark trend is emerging in makeup colors—just in time for the holidays. Lancôme calls its new sculpting mascara Fatale, and MAC cosmetics is promoting its Nocturnelle collection on burlesque performer Dita Von Teese. So don't be surprised when you see that the shade of the bottle of Tom Ford's new fragrance, Black Orchid, is, well, black. —By Kate Betts

FEMME
FATALE: Von
Teese vamps
at a MAC
photo shoot



AFTER DARK

MAC cosmetics creative director James Gager was trying to evoke the mystery of the evening when he created colors like Cabaret Red, above



THE COLOR PURPLE

On lips and cheeks, and even eyelashes, deep shades of burgundy and purple reign this season. Jungle Berry, above, is one of MAC's new hues

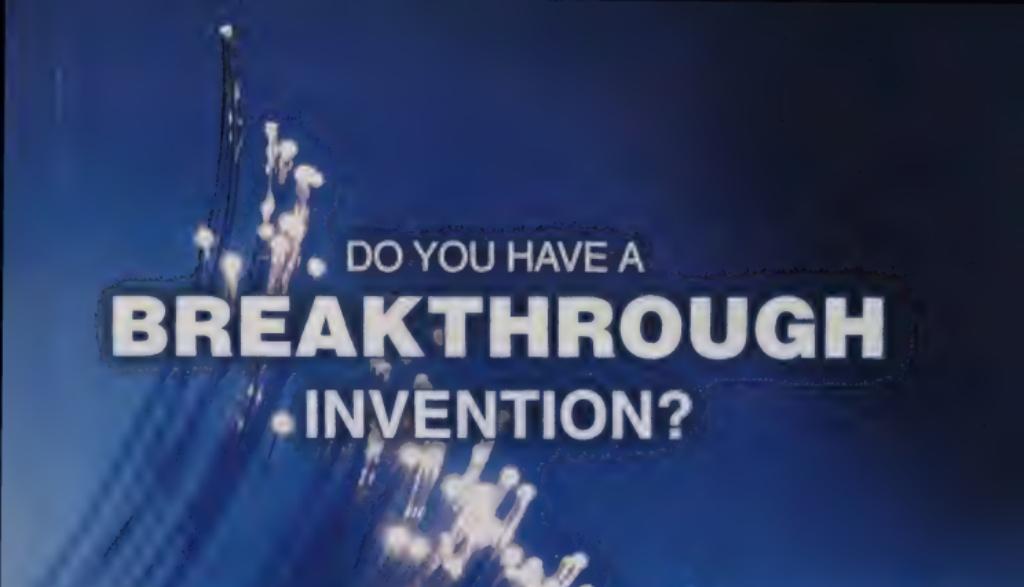


FADE TO BLACK

The stylish noir bottle for Tom Ford's new fragrance, Black Orchid, a rich floral with black-truffle notes, is inspired by vintage Art Deco glass

BEAUTY'S MANY BENEFITS

Given its cause has become a fixture in beauty stores, beauty products, MAC's View Glam Initiative has helped raise more than \$50 million for AIDS research. And Kiehl's is contributing \$15 million to YouthAIDS, giving it 2.00% of the profits from sales of its popular Grapefruit hand-and-body cleanser. On Dec. 1—World AIDS Day—Kiehl's will up the ante and donate to YouthAIDS 100% of the profits from the sale of all products in 36 stores around the world. So far, the company has raised more than \$300,000 for the cause.



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LEGO GETS A NEW BRAIN

By WILSON ROTHMAN

I'LL NEVER FORGET THAT CHRISTMAS MORNING IN 1984 when I got the mother of all Lego sets, the medieval castle, and how happy I was snapping the colored pieces together to build it higher and higher. So it was a special treat for me to open up the latest iteration of the Lego franchise, a sophisticated system of sensors, motors and computer controllers called Lego Mindstorms NXT.

Lego has come a long way from the little bricks I played with as a kid. The company now manufac-

tures 15 billion bricks and other pieces a year. The first motorized Lego kit appeared in 1966, and the mechanical Technic systems debuted in the late 1970s. In 1998 Lego teamed with M.I.T. to launch the first edition of Mindstorms, which brought together motors, mechanical parts and a simple programming language for the purpose of—what else?—building robots.

For a starter kit, the

I got my little robot to pirouette, wave its claws and shout "Lego!"



NXT box I cracked open was packed with some pretty high-tech gadgetry. For \$250, you get 577 pieces, including sensors that can detect sound, light, touch and obstacles (using ultrasound). You can even control it wirelessly with Bluetooth technology. Most robots are fun for a day or two. Lego offers a more lasting thrill: you can build a robot of your own design, play with it for a while, then pull it apart and build something else.

But that's not so easy as it sounds. Lego still uses the word-free pictorial-instruction system I grew up with, yet its world has become a lot

more complicated. I rushed right in, of course, quickly throwing together a basic three-wheel bot. So far, so good. But when I loaded the software and started adding sensors and claws, things got dicey. And when I started programming, things got downright horrific. After several hours of frustration, I began to discover the rudiments of how to use virtual blocks of instruction to

BIONIC BLOCKS

Sensors, motors and program units snap together in any order you want



get the robot to move, respond to a clap, back up when it hit a wall. I finally got my little monster to pirouette, wave its lobster claws and shout "Lego!"

Although Lego says the kit is designed for kids ages 10 and up, it's probably best for high schoolers—or adults with a teenager or two to give them emotional support.

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THE J. PAUL GETTY MUSEUM AT THE GETTY CENTER

Elijah Wood stars in two new films, *Bobby* and *Happy Feet*. Both hit theaters on Nov. 17

*Your character in *Bobby* marries Lindsay Lohan to avoid being sent to Vietnam. Under what circumstances would you marry her in real life?*

[Laughs.] Um, no offense to her, probably none. I don't know if I would marry anyone for any other circumstance beyond falling in love. *Aww, that's sweet.* In *Happy Feet* you play a penguin who can't sing. I notice you're not on the celebrity-laden sound track. *Can you really not sing?* I can hold a tune, but I don't have a lot of experience beyond singing in my car. I feel like I'm at least not tone-deaf.

Who's the weirdest person who has greeted you as Frodo? I've gotten it from every kind of person. I'm almost positive a homeless man in New York called out "Frodo" to me.

You look a lot younger than 25. Do you still get carded, or do bouncers wave you in because you're Frodo? No, I'm carded pretty much wherever I go. I still get carded for cigarettes too.

Do your friends give you hell for being in a Paula Abdul video? If anything, my friends thought it was cool

because they admit that at some point they too were fans. Everybody caught a little bit of the Paula bug.

I've had Straight Up stuck in my head all day. See, See,

Q&A ELIJAH WOOD

SEVEN YEARS SCRATCHED

For true romantics, this one stings a little. **REESE WITHERSPOON** and **RYAN PHILIPPE** are calling it quits after seven years. Yes, they married young. Yes, she'd had seven *Midori* sours when she was introduced to him. But they seemed so clear-eyed about married life and talked openly of their couples counseling. Said Ryan: "The biggest mistake is not doing that, ignoring it and having the marriage fall apart because of laziness." Said Reese: "Marriage is hard... It's not about expecting someone to make you happy every day or to complete your life." Apparently, agreeing about marriage and agreeing to stay married are not the same thing.



LIVE FROM NEW YORK: BEDBUGS!

One thing about celebrities is that they always have such high-class problems, right? The Rolls gets a flat, the maid gets a book deal. Not so, actually. *Saturday Night Live* comedian **MAYA RUDOLPH** and her movie

director boyfriend Paul Thomas Anderson recently fled their \$13,500-a-month New York City loft—with their infant—because of bugs. Not the spy kind, the bite-you-in-your-bed kind. All together now: eeeeeew. Also, the elevator didn't work. Naturally, they're suing. And the bugs are looking for a book deal.

GOING BACK TO THE FUTURE?

Tom Cruise surprised Hollywood last week with a prewedding announcement: the box-office

bigwig just bought a sizable chunk of United Artists, the once venerable movie studio whose fortune seems to rise and fall with its icons.

High



CHARLIE CHAPLIN
When he and fellow artists start their own studio, an industry chief quips, "Lunatics have taken charge of the asylum"

MARY PICKFORD
As the studio's output dwindles with the silent-film star as producer, she and surviving co-founder Chaplin agree to sell the firm



JAMES BOND
The studio is revitalized with the launch of popular film franchises, including James Bond and the *Pink Panther*

ROCKY
After a colossal flop (*Heaven's Gate*), the studio tries to milk old successes, but the bank forecloses not long after *Rocky V*



TOM CRUISE
Some two months after getting dumped by a rival studio, the couch-jumping star inks a deal to help run United Artists

Jeffrey Kluger

Facing Realities

Like Gorby? Don't trust Putin? Spooked by Cheney? Here's why

ALWAYS KNEW THERE WAS A REASON I DON'T like Kim Jong Il. It's not his pursuit of nuclear weapons. O.K., it's partly his pursuit of nuclear weapons, but hey, if you're a despot with a spare centrifuge and a free mountain, knock yourself out. The other part is, well, I just don't like his face. There's a visible smugness atop the looniness that seems to cry out for a vigorous slapping.

I'm not proud of my reason for wanting to slap Kim Jong Il. Shouldn't we be beyond just not liking someone's face? I always thought so, but recently the folks at Princeton University reassured me that, nope, it's perfectly fine and in fact entirely human. A study by psychologist Alex Todorov shows that we form opinions about a person with a 100-millisecond glance at the face alone. What's more, you can't even blame your higher brain for such bias. The impulse seems to arise in the primitive amygdala. If your pre-frontal cortex is your *summa cum laude* lobe, the amygdala is *Barney Rubble*. Says Todorov: "This is a case of a high-level judgment being made by a low-level brain structure."

Todorov has a special interest in politicians, people for whom physiognomy can be destiny. Take Mikhail Gorbachev. After the ursine Leonid Brezhnev, Gorby was Kris Kringle. His rounded cheeks, his careless hairlessness, even his great red spot all left him looking disarmingly rumpled. That was a guy who not only could dismantle an empire and knock down a wall but would also remember to keep caramels in his pocket for the grandkids. Vladimir Putin, by contrast, is less gentle grandpa than live mink. President George W. Bush may have looked into Putin's soul and been reassured by what he saw, but he might have found less to like if he'd paid closer attention to the Russian leader's beady eyes and take-no-prisoners cheekbones.

The U.S. too has leaders whose faces reveal as much as their résumés. Bill Clinton's image as affable rascal is partly due to his having the twinkly look of a man who enjoys his indulgences. He even sprouted a bit of a drinker's nose despite the fact that, by all accounts, he has no taste for the stuff. In this case, form seems to want to follow function.

**scowling Putin,
and the slappa**

There's more science than sorcery in the way we eyeball faces and respond to what we see. Our species wouldn't survive if we weren't suckers for what's called neoteny—features like



FULL MUGS: Twinkly Clinton, scowling Putin, lopsided Veep and the slappable Kim

large eyes, an oversize head and a gumdrop nose that signal babyness. We swoon at such traits in people and animals, which is one evolutionary explanation for why we rush to the aid of a lost child or stray puppy instead of, you know, eating them. Stanford University studies showed that the same area of the brain that responds to faces also processes objects like cars and sculptures, explaining the huggable appeal of the VW Beetle and the porcelain cherub.

Facial symmetry appeals to us too. Dick Cheney's least trustworthy feature is easily his smile, a lopsided thing that makes him look as if half his face is pleased with something while the other half is paying bills. Research at Columbia University revealed that when some people see fleeting, subliminally projected images of fearful faces, their brain's fight center lights up. If fear is infectious, perhaps a dishonest face makes us feel similarly slippery or a surly face leaves us feeling sour—hardly what politicians want to stir up in voters.

The mingling of face and temperament raises the question of whether the two co-evolve or one produces the other. Was John Kerry's hangdog face responsible for his odd campaign? Did Richard Nixon grow his shadowy stubble, or did his shadowy stubble grow him? The British weekly *New Scientist* has touched on this, exploring what is known as nominative determinism—the common case of people whose names echo their jobs. There is the director of penal reform Frances Crook, the marine biologist Steven Haddock. American culture has been rife with such synchronicity—pitcher Rollie Fingers, Senator George McGovern. "Are these whimsicalities of chance," Carl Jung once asked, "or the suggestive effects of the name?"

If names drive careers and faces drive personas, we should have sympathy for politicians consigned by countenance to personalities they might not have chosen. As the midterm elections

end and presidential hopefuls look ahead to 2008, there are perils for both the lovely and the unlovely. Those easy on the eye should take care not to overstate the point (MITT ROMNEY: MORE SYMMETRICAL THAN EVER!). Those with aesthetic hurdles should consider whether it's finally time for that eye lift or chin tuck. Remember, candidates think of November as a time to face the voters, but for the electorate, it's often a time to vote the faces. ■



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